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NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

Humboldt County, CA | FREE
Thursday, Jan. 18, 2024
Vol. XXXV Issue 3
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HEALTH & WELLNESS

18 Gardening gains

20 Dipping into veggies

PHOENIX RISING

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- FEBRUARY 24 -

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Shakefork Farm red beets at the Arcata Farmers Market. Read more on page 19.
Photo by Simona Carini

On the Cover
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NCJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

Jan. 18, 2024 • Volume XXXV Issue 3
North Coast Journal Inc.
www.northcoastjournal.com
ISSN 1099-7571 © Copyright 2024

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The North Coast Journal is a weekly newspaper serving Humboldt County. Circulation: 18,000 copies distributed FREE at more than 450 locations. Mail subscriptions: \$39 / 52 issues. Single back issues mailed \$2.50. Entire contents of the North Coast Journal are copyrighted. No article may be reprinted without publisher's written permission. Printed on recycled paper with soy-based ink.

Entertainment Calendar

JANUARY

19

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20

UFC 297

26

DJ Chill Will
Old School Funk and Hip Hop

27

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Vote No on A

A ballot initiative called Measure A will be on the ballot in March and there has been a common theme throughout the life of this initiative and the process behind it: a lack of transparency. This initiative was written without any input from the public, the people it would affect or the entities that would be responsible for its enforcement. The amount of compliance requirements for the cannabis industry far surpasses any other agricultural industry. To obtain signatures, the proponents falsely claimed it would protect small cannabis farms in Humboldt County. The proponents have since admitted that this will affect large farms and also the small farms they falsely claimed to be protecting. The product they produced is poorly written and contains

vague language that will inevitably result in litigation. The lengthy list of entities and organizations opposed to Measure A can be found at: nohcri.com/our-coalition

Shannon Hughes, Willow Creek

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The

Transcendent Ascent

White fir, you are fine in your frosty coat.
The weight of the season rests
on your branches. Hunker down,
sweet conifer. May I make tea
from your needles?

I hike over rocks and moss and fallen branches.
I hike to the peak and look around. The sky
is so large. Can I transcend here?
Tell me.

I pretend to be a cryptid as I scramble down
over rocks and moss and fallen branches.
I am sweating in my poncho and boots
and shouting lines of poetry
trying to make something
from the intersection
of nature and verse.

I pass by you again, dear tree.
Did you see that lonesome mushroom
there, nestled at your feet?

— Harmony Mooney

- Managed Humboldt County Public Defender Conflict Office for seven years.
- Humboldt County judge for six and one half years.
- Endorsed by Rex Bohn, Humboldt County Supervisor
- Endorsed by Alex Stillman, Vice-Mayor, Arcata City Council



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I've worked tirelessly to serve everyone in our county impartially, with integrity, fairness, accessibility and a commitment to justice.

I moved to Humboldt County because I love its social diversity, openness, and community heart.

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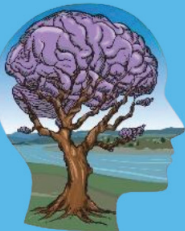
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weekly deadline to be considered for the upcoming edition is 10 a.m. Monday.

Write an Election Letter!

The *Journal* will accept letters endorsing specific candidates or measures in the March 5 primary until 10 a.m. Feb. 12. Election letters must be no longer than 150 words and must otherwise follow the guidelines outlined above. ●



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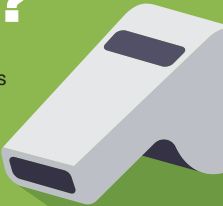
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Feeling tipsy?

If you have a news tip, story idea or something you'd like to see covered, we'd love to hear from you!



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My commitment to you and Humboldt County is unwavering.

As your representative on the Board of Supervisor's , I will continue to use my skills and knowledge to bring a problem-solving approach towards achieving a stable economy.

In my second term I will continue to work non-stop, be a strong voice for positive change and impactful solutions such as improving county roads, rebuilding the Garberville Veterans Hall, working with PG&E toward improving our power grid, among other things.

A strong work ethic and open communication is key. I pride myself on being involved in our community and showing up!

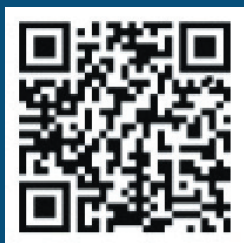
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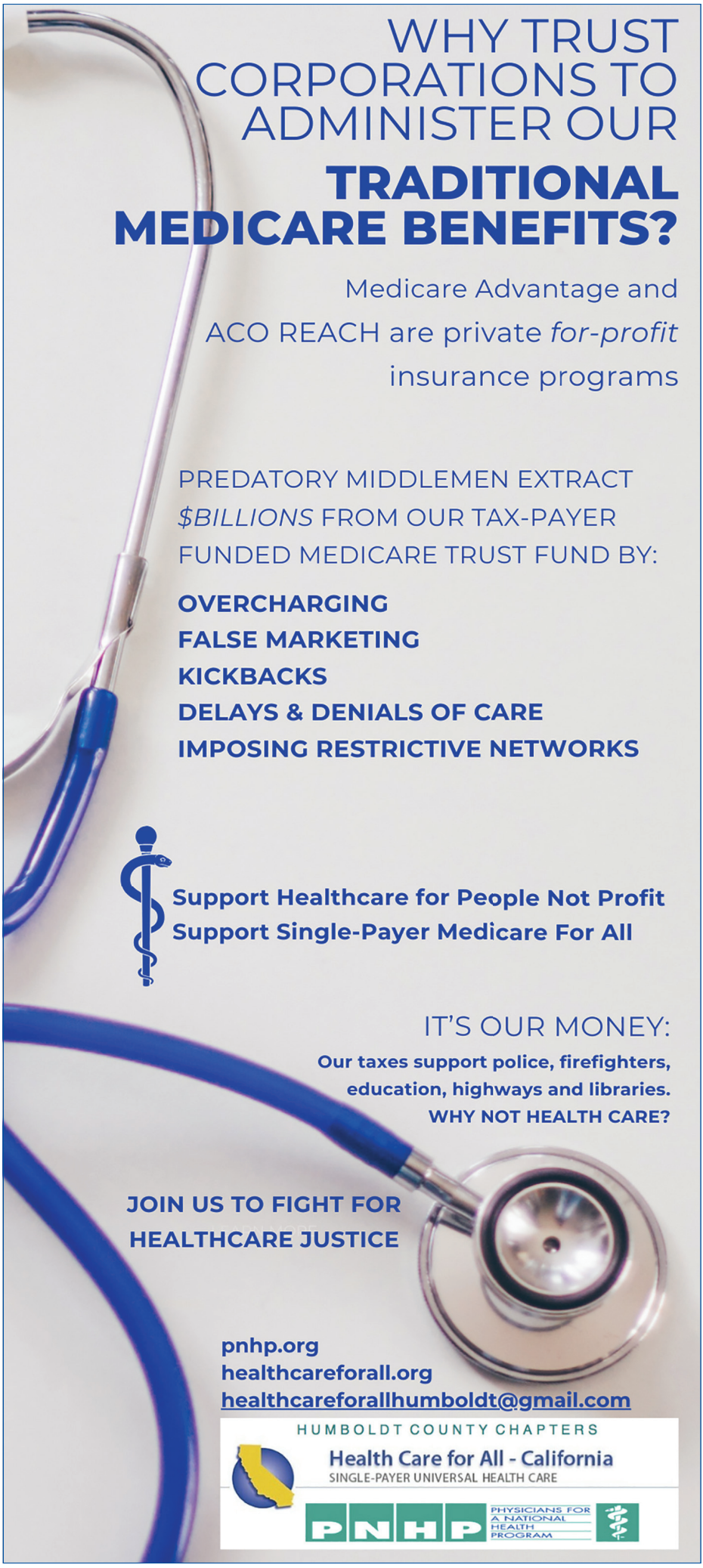



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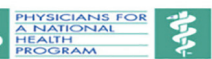
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Aiming for Zero

A look at Humboldt's multi-disciplinary effort to prevent suicides

By Thadeus Greenson

thad@northcoastjournal.com

For decades, the deadly trend has continued with alarming regularity, though it's not talked about as much as homicides or fatal car crashes. Over the past 20 years, more than 600 Humboldt County residents have died by suicide, an average of more than 30 a year, routinely leaving Humboldt with one of the highest suicide rates in the state.

In 2019, the county launched a multi-agency effort to review each of the county's suicide deaths with the aim of better understanding why and how people take their own lives and opportunities for intervention and prevention. The effort is in its infancy, with its first years having focused on data collection, but officials are optimistic it will move the needle toward the goal of zero suicide deaths.

"It is one of our priority areas because the impact of suicide is profound in the loss of life of the individual, the immediate effect on their family members and the long-term effects on the community as a whole," Humboldt County Health Officer Candy Stockton told the board of supervisors in April while delivering the effort's first annual report.

Under the new protocol, the Humboldt County Coroner's Office has expanded the way it investigates suicide deaths, using a consolidated risk assessment checklist to collect data documenting whether the decedents had experienced problems with physical health, financial stresses, substance use, relationships with an intimate partner or social isolation, as well as what services they'd received and whether they'd disclosed an intent to commit suicide.

That data is then reviewed by the Humboldt County Suicide Fatality Review Board, a multi-disciplinary group, which also reaches out to families of the deceased, requesting permission to review their loved one's case.

"We examine individual deaths to understand circumstances of the suicide, the systems that touched the life of the deceased, the relevant risk and protective factors, and the actions that will improve systems and catalyze prevention," the team's first annual report states.

Preliminary data shows 85 percent of people who committed suicide in 2021 and 2022 identified as male, and their average age was 52, though Stockton indicated that's misleading, as there's a "bimodal peak" of a younger population and an older population that reaches that average.

Some intervention efforts have already begun.

Paul Bugnacki, the county's Department of Health and Human Services Behavioral Health deputy director, said the effort identified the need for more training for not only his department's clinicians but all staff that interface with the public — from the receptionists who answer phones to the custodians on site at facilities — on suicide prevention and warning signs. Meanwhile, Bugnacki said the local Suicide Prevention Network is making similar trainings available to local faith centers, community groups and nonprofit service providers, with the hope that people across a myriad of systems will know what risk factors to look for and what to do when they see them.

"It's kind of the no-wrong-door approach," he said.

In her presentation to the board, Stockton noted that she attended one of these trainings in her prior role as the chief medical officer of the Humboldt Independent Practice Association and said it made a marked difference in her ability to respond to people experiencing suicidal thoughts.

A hard truth in this conversation is that Humboldt County is rife with the issues identified as risk factors for suicide, with generally poor physical health outcomes and elevated rates of substance use disorders, poverty and intimate partner violence compared to state and national averages. Bugnacki also pointed out that Humboldt County has high rates of ACEs — or the adverse childhood experiences that quantify childhood trauma and have been proven to lead to higher rates of poor physical and social health — as well as "a lot of historical trauma." Those realities necessitate prioritizing intervention and prevention.

In addition to training people to recognize warnings signs, another effort already

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Help is Available

The county of Humboldt maintains a 24-hour mental health crisis line at 445-7715. Additionally, a national suicide prevention lifeline can be reached at (800) 273-8255 and a crisis help text line can be reached by texting "HELP" to 741-741.

Additional local, state and national resources for those in distress and their loved ones can be found at humboldt.gov/2096/Suicide-Prevention-Resources.

For the National Alliance on Mental Illness' full list of risk factors and tips for offering support to someone in crisis, visit nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide.

well underway is the lethal means safety project, which distributes free lockboxes for people to secure their firearms and/or prescription medications. In a county in which opioid medications are prescribed at a rate of 526 prescriptions per 1,000 residents and firearm ownership is widespread, such efforts can be potentially critically impactful.

The Suicide Fatality Review report for 2022 analyzed cases from 2021 and 2022 and found that of the 66 suicide deaths documented, a firearm was used in more than half, while national studies have found firearms and poisoning — most commonly through medications — as leading means of suicide.

In his book *Talking to Strangers*, best-selling author Malcolm Gladwell looks at the role of "coupling" in suicide, or the idea that someone acting on suicidal ideations is often linked to the availability of a means they are comfortable with at a moment of crisis. The book referenced a study of suicide deaths in England between 1963 and 1975, which found a steady decline as the country transitioned its public natural gas supply to remove carbon monoxide, which had been a readily available and leading means of suicide deaths. Gladwell argues the study's findings show that suicide often occurs at a nexus of transient despair and ready access to a means of death the person finds "neither too difficult nor repugnant." When that ready access was removed by the transition away from a gas supply heavy in carbon monoxide, suicide rates decreased, indicating those experiencing despair did not simply find another means. Similarly, Gladwell looked at a study that tracked down more than 500 people who'd been restrained from jumping off the Golden Gate Bridge and found that the vast majority — 75 percent — had not attempted suicide again. The takeaway, Gladwell argues, is that preventing easy access to a deadly means someone finds acceptable in a moment of crisis might prevent them from ever attempting suicide.

In the case of the lockbox program, Stockton said during her presentation to the board that gun shops have been receptive to distributing the boxes and providing

information about how gun owners can keep themselves and their loved ones safe. Supervisor Rex Bohn commented that the lock boxes don't prevent the "person who has control of the gun" from accessing it, but Stockton responded that she's found people have often been receptive to the idea of having family members or trusted friends take possession of their firearms for a temporary period when they're in a time of crisis.

"It's easy to expect that many people wouldn't be receptive, but I've found that many are," she said.

Most agree investment in crucial mental health infrastructure — a youth residential facility that could keep more kids in crisis in the local area, step-down residential facilities for adults, more mental health clinicians — is needed and the Suicide Fatality Review Board has more analysis to do before making formal recommendations. But in the meantime, Stockton and Bugnacki indicated increased awareness and cooperation across systems, organizations and community members can make a big difference.

Stockton said recognizing risk signs — mental health issues, physical health problems, financial insecurity, relationship problems, grief, isolation and substance use issues — and becoming familiar with resources [the county's 24-hour crisis line at (707) 445-7715 or texting HOME to 74174] is something all community members can do in order to be ready to help when needed. She told the board there's a stigma around suicide that causes some to believe that talking about it will somehow cause someone to consider it, but "the data really clearly shows that that's not the case."

"One of the best things you can do as a member of our community is just, if you see someone you are concerned about, just ask, 'Are you alright?'" she said. "That interaction could make the difference between someone reaching out for help and not reaching out." ●

Thadeus Greenson (he/him) is the Journal's news editor. Reach him at (707) 442-1400, extension 321, or thad@northcoastjournal.com.

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Storm Damage Assessments Underway, Additional Flooding Unlikely

The storm system that hit Humboldt Jan. 13 dropped record amounts of rain, pushing the Mad River to its highest levels in 60 years and closing down roadways across the county, including U.S. Highway 101 at two points, due to flooding.

How many people were displaced due to flooding, the locations of the areas worst hit and estimates for the extent of damage countywide were not immediately available from the county Office of Emergency Services but more information is expected this week, according to Sheriff William Honsal, who declared a state of emergency Jan. 16, citing the “significant impact” of flooding.

“Significant flooding of small creeks and streams, as well as main stem flooding of the Mad River began on Friday, Jan. 12,” a new release today states. “The extensive flooding resulted in numerous flood rescue operations, extensive damage to local infrastructure, including damage to numerous culverts, cracking, slip outs, and degradation of county-maintained roads, as well as damage to numerous private residences, businesses, and agricultural land; these impacts are exhausting and

exceeding available county resources.”

Anyone who experienced damage is encouraged to work with their insurance to file claims, the release states, noting the local proclamation “does not guarantee individual or financial assistance for damages incurred during the flooding event.” They are also asked to report damage to the Humboldt County Office of Emergency Services (OES) by filling out the January 2024 Flooding Damage Report form at humboldt.gov/FormCenter/Office-of-Emergency-Services-23/Damage-Report-January-2024-Flooding-223. Those reports will be used to assess damage sustained across the county.

“Though the immediate response has subsided, Humboldt County Public Works crews are still actively engaged in conducting emergency road repairs, exploring options for alternative routes, and cleaning up storm and flood debris along public rights of way,” the release states.

The Mad River peaked at 27.26 feet at 8:15 p.m. on Jan. 13, with surrounding areas from Blue Lake to Tyee City and the Arcata Bottoms being inundated as a result, according to the NOAA hydrologic prediction service.



Flooding at Hookton Road in Loleta. Caltrans District 1/Facebook

Flood stage for the Mad River is 22 feet, with 24 feet considered moderate flood stage and 28 feet major flood stage.

In a social media post, OES described it as the “most significant flooding of the Mad River since 1964.”

The Eureka office of the National Weather Service reported Saturday’s rainfall total of 2.45 inches at Woodley Island broke the Jan. 13 record of 2.22 inches set back in 1913.

Precipitation totals over 72 hours in other areas of the region hit 5.38 inches in Orick, 4.21 inches in Bayside, 4.13 inches in Willow Creek and 3.54 inches in Trinidad.

While more rain was falling as the *Journal* went to press Jan. 16 and forecast to continue into Jan. 17, flooding was not expected, according to NWS meteorologist Doug Boushey, who says rain levels will not be to the “magnitude that we saw over the weekend.”

Less clear is the potential impact of a stronger system in the series that is anticipated to hit Jan. 19 and Jan. 20, Boushey says, adding that the system was tracking like it would hit land in the Southern Humboldt area and into Mendocino County, or

even possibly down in the Bay Area.

“It doesn’t look like it’s going to be a repeat but we are keeping tabs on that,” he says.

Caltrans and various fire departments reported flooded roads across the county. At points the evening of Jan. 13, U.S. Highway 101 was completely shut down north of Orick at Bald Hills Road to the Newton B. Drury Parkway, while northbound 101 from Loleta Drive to Tompkins Hill Road was also closed.

Flooding also closed State Route 211 at Fernbridge, North Bank Road in McKinleyville, parts of State Route 36 and numerous other roads and streets from the northern reaches to the southern portions of the county, including around Jacoby Creek.

Humboldt Bay Fire reported at least one rescue in the Freshwater area of Felt Road, where crews were able to reach a family trapped by flood waters by foot but were “unable to evacuate the family safely,” with the sheriff’s office instead sending in a small rescue boat, according to a Facebook post.

—Kimberly Wear
POSTED 01.15.24

Homicide Victim Identified

The Humboldt County Sheriff’s Office has identified the remains found Jan. 5 in the area of the Manila Dunes as belonging to Pete William Dibeau, whose death has been determined to be a homicide.

According to a news release, the 56 year old was known to be “living in a well-established makeshift metal structure in a homeless encampment at the dunes.”

“This case is currently under investigation by the Sheriff’s Major Crimes Division,” the release states. “The Humboldt

County Sheriff’s Office extends our deepest sympathies to Pete Dibeau’s family and friends during this difficult time.”

The exact cause of his death was not released.

The HCSO release states the investigation is ongoing and asks anyone who may have any information about this homicide to call the Humboldt County Sheriff’s Office at (707) 445-7251 or the Sheriff’s Office Anonymous Crime Tip line at (707) 268-2539.

— POSTED 01.16.24

EPD Releases Video of Fatal Shooting

The Eureka Police Department has released video footage of officers’ fatal shooting of Matthew Robert Williams, 31, on Nov. 26.

According to EPD, Williams fled from the passenger seat of a vehicle EPD pulled over for expired registration tags before officers Jeremy Sollom and Nick Jones contacted him on the north end of the Humboldt County Library’s main branch. There, Williams reportedly pulled a firearm from his waistband and chambered a round, prompting the officers to open fire.

The video released Jan. 12 is edited and narrated by EPD. It does now show what preceded Jones and Sollom contacting Williams, but starts with the three men engaged in a struggle, with an officer telling Williams to “get on the ground and stop reaching.” During the struggle, a firearm is briefly visible in Williams’ hands and he appears to chamber a round before Sollom opens fire.

The shooting remains under investigation. Read more at northcoastjournal.com.

— POSTED 01.12.24

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'The Disparity'

Analyzing the social determinants of health in Humboldt

By Thadeus Greenson
thad@northcoastjournal.com

Fifteen pages into Humboldt County's Community Health Improvement Plan is a blunt summation: "Humboldt County experiences a higher death rate overall when compared to California, and Humboldt rates for nearly all the leading causes of death are two to three times higher than that of the state."

It's easy to read the line, look over the report's grim data and wonder: What are we doing wrong? The short answer is plenty, but the full answer is complex, as indicated by the report's next line: "The disparity is similar in many other poor, rural communities like ours across the nation."

Health officials increasingly believe the root cause of such disparities, and Humboldt County's generally poor health, lie in what are known as social determinants of health. While none of these factors — education, healthcare access and quality, neighborhood and built environment, economic stability, and social and community context — directly dictates the personal choice of whether to smoke a cigarette or go for a run, to reach for a salad or a Happy Meal, they collectively impact community health and obstacles that must be overcome to maintain personal physical and mental health.

Let's take a look at what they look like in Humboldt County:

Education

The idea here is that the more education someone has, the better equipped they generally are to make informed choices about their health. After all, what good does nutritional content labeling do if someone can't read it?

Here it would seem Humboldt County is doing fairly well. According to the U.S. Census, 91 percent of Humboldt residents age 25 and older have a high school degree compared to 84 percent of Californians. When it comes to college degrees, we lag some, with 31 percent of Humboldt County residents age 25 and older having obtained a bachelor's degree compared to 36 percent statewide. About 13 percent of Humboldt County adults are functionally illiterate, compared to 21 percent of Americans and 29 percent of Californians.

Health Care Access and Quality

This one is a bit harder to gauge but the limited data and anecdotal reports indicate Humboldt County lags behind California as a whole. According to the U.S. Census,

8 percent of Humboldt County residents don't have health insurance, compared to 6 percent statewide. Additionally, Humboldt County's resident-to-primary-care-giver ratio lags behind the state's, with 1,590 residents per primary care provider in Humboldt, compared to 1,240 statewide.

According to Let's Get Healthy California, 36 percent of Humboldt County residents don't have sufficient access to healthcare, which is probably attributable to both a shortage of providers and the sprawling nature of the county, which poses transportation challenges in outlying areas. There is also a well-documented shortage of specialty providers countywide, from orthopedists to psychiatrists.

Neighborhood and Built Environment

This is a far-reaching category that includes everything from safe housing and available transportation to access to safe drinking water and nutritious foods. As such, it's a bit hard to quantify, though the county's health improvement plan does have some notable data points.

It points out that according to the Census, 62 percent of renters and 40 percent of homeowners in Humboldt were cost burdened, paying more than 30 percent of their income on housing. "As a result of the limited housing market with few affordable options, people with the lowest incomes may end up living in poorly maintained housing that exposes them to health and safety risks," the plan states, noting that a quarter of Humboldt County households reported living with at least one "severe" housing problem, such as an incomplete kitchen or inadequate plumbing.

Whether it's poverty or living in food deserts where markets aren't easily accessible, food insecurity is also a pervasive problem locally. Here, 17 percent of the population and 22 percent of children experienced food insecurity in 2018, according to the California Department of Public Health. Organizations working to address the problem say it's only grown worse.

"There is strong evidence that access to supermarkets and the ability to afford healthy foods connects to a lower rate of obesity, diabetes or diet related deaths," the county health plan states.

Economic Stability

While an estimated 12 percent of Cali-

fornians live below the federal poverty line of \$30,000 in annual income, that number jumps to 20 percent in Humboldt. Throw in high housing costs, and many Humboldt County households are struggling to make ends meet, which is further evidenced by the more than 60 percent of local students who qualify for free and reduced lunch at school.

Add in the estimated 1,749 Humboldt County residents who are homeless, 79 percent of them unsheltered, and it's clear we have a poverty problem that likely significantly drives poor health outcomes.

Social and Community Context

This is difficult to quantify, though Humboldt County's high rates of childhood trauma, substance use and domestic violence are indicators of a frayed social fabric.

Perhaps the biggest red flags here are Humboldt County's rates of children in foster care (nearly triple that of the state with 13.5 per 1,000 compared to 5.5) and that we have the highest proportion of children who have experienced two more traumatic childhood experiences (29 percent, which is nearly double the national rate) of any California County.

Notably, none of these social determinants or adverse health outcomes are evenly distributed across all Humboldt County demographics. For example, Native community members — who have experienced disproportionate generational trauma and systemic marginalization — suffer far worse outcomes than the overall population.

"Native Americans in Humboldt County will die an average of 12 years sooner than Caucasians, and their rates of infant mortality, motor vehicle fatalities, cardiovascular disease, liver disease, drug-related deaths and diabetes-related deaths are far higher than the total Humboldt County rates," Humboldt's health plan states.

What the data underlying these determinants of health make clear is that while we can encourage healthy choices — moderating alcohol intake, quitting smoking, getting some exercise, eating more vegetables — creating a healthier Humboldt will require systemic change that addresses poverty, the cycle of childhood trauma and ensures everyone access to affordable housing. ●

Thadeus Greenson (he/him) is the Journal's news editor. Reach him at (707) 442-1400, extension 321, or thad@northcoastjournal.com.

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EMPLOYEE SPOTLIGHT

John McClurg and Chris Hloucha

Next time you stop by the deli at Murphy's Market in Trinidad, give a big hello and maybe a "congratulations" to **John McClurg** and **Chris Hloucha**.

After moving through the ranks in the course of his 15 years with Murphy's Markets, John has been promoted to deli supervisor. Chris has three years with Murphy's and is now deli manager. John lives in Westhaven and rides his bike to work almost daily, while Chris lives very close and walks. They both love enjoying the scenic beaches of Trinidad.

"I like working for a good family-run company that is deeply involved in the local community," says John. "Employees have been at Murphy's for a really long time, and that's always a good sign." John recently made a Mediterranean pearl barley salad that is definitely worth trying.

"I have been cooking my whole life and I love cooking for people," says Chris. "I love getting to know all the locals." His current favorite menu item is the gochujang BBQ hot pepper wings, but he adds, "We'll be doing a lot of new stuff soon!"



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Providence has announced it will close outpatient laboratory services at St. Joseph and Redwood Memorial hospitals March 18. Shutterstock

‘A Critical Decision’

Providence to shutter outpatient lab services in March

By Thadeus Greenson
thad@northcoastjournal.com

Providence Health blindsided patients, employees and providers last week, announcing that it would no longer offer outpatient laboratory services at its California hospitals — including St. Joseph and Redwood Memorial — beginning March 18.

Local providers reportedly first received a text message Jan. 10 informing them that outpatient lab services would no longer be provided at Redwood Memorial Hospital in Fortuna, followed by another about an hour later announcing the service would be discontinued at hospitals throughout the state. According to employees and providers, the decision was reportedly made with little — if any — local consultation or warning.

A wide swath of patients depend on

the outpatient services to get blood work done for a broad variety of reasons, from regular tests to help guide the chemotherapy regimens of cancer patients to diagnostic testing to determine the course of treatment for a respiratory illness and whether a patient might require hospitalization.

“It’s a critical decision that’s going to affect how we do work,” says Donald Baird, a former Humboldt County public health officer who has practiced as a physician locally for more than 40 years, currently as a physician for Open Door Community Health Systems in Ferndale. “It places one more burden on an already overburdened workforce.”

Christian Hill, a spokesperson for Providence in Humboldt County, said the decision followed a “thorough assess-

ment” and is aimed to “help us focus on our strengths of delivering care and partnering with other organizations whose primary business is lab services.”

Hill added that the decision will not result in any layoffs, saying employees currently supporting outpatient lab services will be retained.

“Providence recognizes the importance of laboratory services for members of our community,” Hill said in an email. “We did not enter into this decision lightly and are confident that other providers of these services will be able to support our community’s future needs.”

Hill did not respond to follow-up questions regarding what other providers are expected to fill the outpatient laboratory services void the decision will create or how many samples are taken and

tested through the two hospitals’ existing services. There is wide speculation that LabCorp — a multi-billion-dollar national company based in North Carolina that processes more than 2.5 million samples weekly at 36 laboratories — may open a local blood draw site, but the company did not respond to inquiries about its plans by the *Journal’s* deadline. Additionally, even if the company were to open a draw site locally, it would likely still send samples out of the area to be tested, meaning slower turnaround times for patients and providers to get results.

Local lab services are available at Jerold Phelps Hospital in Garberville and Mad River Community Hospital in Arcata, as well as on a limited basis through Open

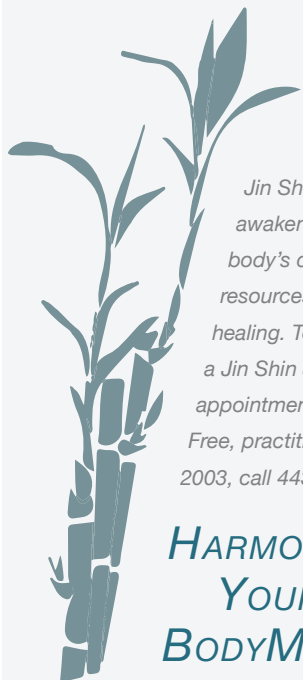
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Door Community Health for its patients, but discontinuing the service at Redwood Memorial and St. Joseph may leave two of Humboldt County's largest population centers without a laboratory that processes samples from the general population locally.

And that's far from insignificant, according to Baird. While in many cases, Baird says patients and providers can wait the average 48-hour turnaround time to get results from an out-of-area lab, samples can be damaged in shipping, introducing inefficiencies to the delivery of care. But more troubling, Baird says, are the cases where prompt lab results are crucial.

In the case of cancer patients getting regular chemotherapy treatments, Baird says blood work is crucial in guiding their care and sometimes providers need test results within hours of administering treatments, which is difficult if not impossible to coordinate with an out-of-area lab.

"It places one more burden
 on an already overburdened
 workforce."

— Humboldt County physician
 Donald Baird

More troubling, he says, are the acute cases. Imagine, he says, a 72-year-old man goes to his doctor with a cough and fever, and underlying obstructive pulmonary disease, having been sick for a week. Baird said the patient's provider would order a chest

X-ray and a complete blood count test to determine if the man has pneumonia, which would require hospitalization, but couldn't wait 48 hours for the blood work. Absent outpatient lab services that could deliver prompt results, Baird says the man would be sent to the emergency room — a potentially avoidable visit that would necessitate the man waiting for hours to be seen, tying up emergency resources and leaving the patient saddled with ER bills that could total more than \$2,500.

Vicky Sleight, a spokesperson for Mad River Community Hospital, says the hospital has a full lab on site that can handle almost all tests, only rarely having to send samples out of the area for very special-

ized testing. The lab, she says, has the capacity to accommodate an increased patient load when St. Joseph discontinues the service, adding the lab could expand hours if needed. With some patients concerned about the insurance impacts of having to switch lab service providers, Sleight says Mad River is always able to work with patients facing financial hardships.

Similarly, Jerold Phelps Hospital in Garberville offers walk-in outpatient laboratory services seven days a week, from 8 a.m. to 5 p.m. Open Door, meanwhile, provides outpatient lab work for its patients, but only does limited testing on site, sending anything beyond basic testing out of the area to various labs, including LabCorp.

Open Door President Tory Starr says LabCorp has provided "excellent service," and says he expects it or another company would be "eager to fill the market niche" left by Providence's decision and could possibly provide similar services at lower prices.

Redwood Urgent Care opened a fully accredited outpatient laboratory in 2017. It closed in May of 2022, but not before

Continued on page 16 »

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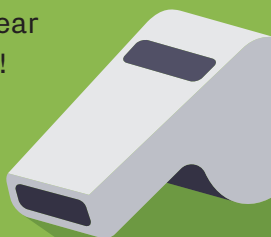
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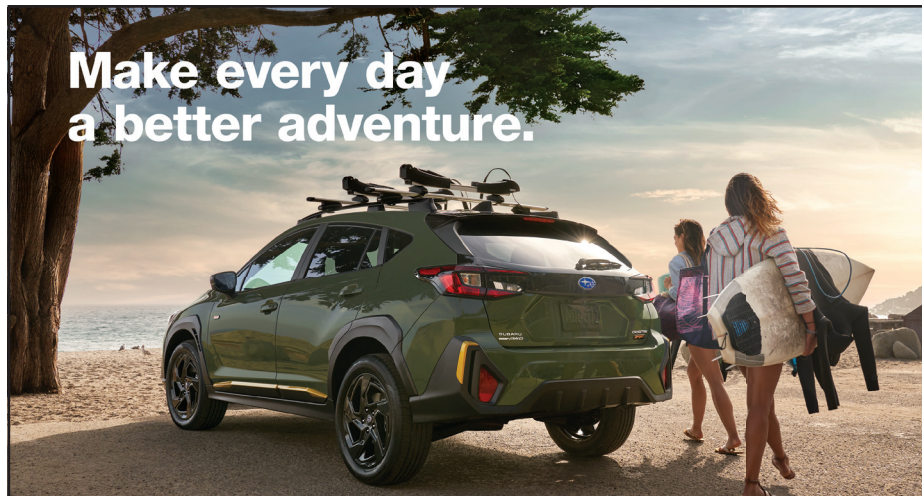
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NCJ ON THE COVER

Continued from page 14

St. Joseph Hospital will no longer offer outpatient laboratory services beginning March 18.

File

its owner Wahidullah Medical Corp filed a federal unfair business practices lawsuit against St. Joseph Health in 2018. The suit accused St. Joseph of illegally conspiring to stifle competition to maintain alleged 10-fold markups on lab services. The suit was settled out of court in 2018.

In an interview with the *Times-Standard*, Caroline Conner, a physician who serves as the secretary-treasurer of the Humboldt-Del Norte Medical Society, said Providence’s decision to shutter outpatient lab services across all California hospitals will have an outsized impact in rural areas, which have fewer alternative providers than someplace like Santa Rosa.

For his part, Baird says the lack of a local outpatient lab option in Eureka and Fortuna will be an inconvenience for many, forcing some patients to take more time out of their days to drive to Garberville or Arcata when they need timely results. And it will add stress to providers, who will sometimes face the

“We did not enter into this decision lightly and are confident that other providers of these services will be able to support our community’s future needs.”

— Providence spokesperson Christian Hill

uncomfortable choice of sending a patient to an ER visit they may not be able to afford because they don’t have enough information to safely treat them on an outpatient basis. But mostly, he says, he feels for Humboldt County’s most vulnerable — those with

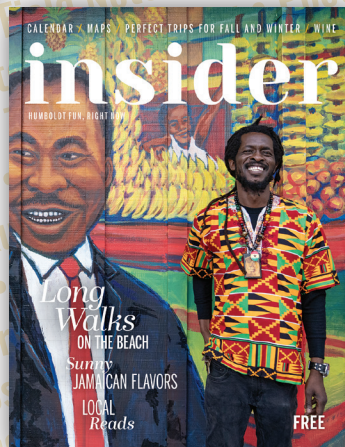
mobility and transportation challenges, and the roughly 20 percent of households who live below the poverty line. Those folks may not have an extra \$10 to spend on gas to get from Eureka to Arcata or be able to take the additional time off work.

“The people who can least afford this, those who are most medically disabled and financially compromised — that’s who this is going to hurt most,” Baird says. ●

Thadeus Greenson (he/him) is the Journal’s news editor. Reach him at (707) 442-1400, extension 321, or thad@northcoastjournal.com.

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NCJ DOWN & DIRTY

Working it Out in the Garden

By Julia Graham-Whitt
downanddirty@northcoastjournal.com

Now that it's January, did you make any New Year's resolutions? Yes? How's that working out for you?

No? Good job. The older I get, the more I learn that making resolutions only sets me up for failure. Oh, I try and manage to have a few goals with the turning of the calendar, but I also give myself a bit of slack, having learned from the past 42 years of failed resolutions not lasting much past February. Gym membership? Been there, done that. All the various gyms thank me for donating money to them every month, without ever stepping in the place by the time spring rolls around.

Walk more? Ditto. How about bringing the gym home? Well, after purchasing three or four pieces of exercise equipment, only to have them turn into a clothes rack by the middle of summer, I have finally accepted the fact that I'm not going to use them, whether in a gym, or in my living room. You may have more motivation and follow-through than I do, and I applaud you for that. Really.

Get out into the garden more? That one I seem to be able to manage, though not as often as I'd like, due to getting slower and a bit more tippy as I age.

But here's a good compromise if your goal is to get into a little better shape. Why pay all that money to a gym when you can get a total body workout working in the yard or garden? To borrow from a meme I've seen over and over again, you, too, can get a workout by using the following tools.

Biceps? Get those loppers out and do some pruning on your trees, shrubs and roses. It's winter and dormant time, after all. This is when it's time to get pruning, if you haven't already started.

Forearms? No problem. Get your trowel



Behold, the hori hori, the stabbiest of garden tools.

Photo by Julia Graham-Whitt

or hand tiller and go after those pesky weeds. Need a workout for your back? A leaf rake or a pickaxe will tone up those muscles. How about the pecs? Nothing tones those babies up like an ax or a pair of hedge clippers. And if you want rippling forearms, just make sure you prune lots and lots of trees and roses with your pruners/secateurs or, my personal favorite, a good sharp pruning saw.

For your legs, of course, there's the old standby of a spade or digging fork. Remember, though, not to disturb the soil until we've had a few days of dry weather, which we haven't had a lot of lately. All in good time. Besides, you have all that pruning you need to do, which can be done right after it's rained. Just don't apply any dormant spray until there's at least one day of no rain or wind.

Then there's mental/emotional health. Perhaps you're a bit aggravated by life and feel stabby much of the time. I don't recommend harming other living creatures, so let's talk about a garden tool that will suffice as an antidote to the things that annoy you. I highly recommend a hori hori. I received one from my brother-in-law for the holidays. He knows me well. You've probably seen a hori hori in your local

garden centers. It's a multi-use gardening tool originally fashioned in Japan that has become popular in many other countries. It typically has a serrated side, a sharp side, measurement markings for planting and a pointy end. You can use it to weed, plant, cut and dig. Be sure to wear gloves in case your hand slips off the handle. We don't want anyone showing up at the ER because you tried a new garden tool.

And finally, what better to chase away the doldrums than to get outside. Sure, it's been raining a lot lately, but we often get a day or two of sunshine in between the gully washers. Even if it's a bit chilly, getting outside and turning your face to the sun will do wonders for your mood and vitamin D levels. And so what if it's raining? We're Humboldtians. A little rain never bothers us. Just wear warm clothing and good raingear. Either way, getting off the couch and moving around a little is a good way to break out of any lethargy you may be experiencing.

Who knows, I may even go for a short walk after putting this column to bed. ●

Julia Graham-Whitt (she/her) is owner and operator of the landscaping business Two Green Thumbs.

Spreading Vegetable Joy

Beets for a colorful vegan starter

By **Simona Carini**
onthetable@northcoastjournal.com

It's January and "Eat more vegetables" is in the air.

There are variations, of course. Fruits are mentioned as well, the Mediterranean diet makes frequent appearances, the gut microbiome may also be invoked. The core message from many voices remains the same: Eat more vegetables.

The path to implementing that resonant piece of advice must be personalized, since what worked for me won't necessarily be effective for other people. Rather than additional advice, here are a few ideas that may be helpful in inspiring you in the months to come. The overarching idea is to make eating more vegetables joyful.

Choose new. Unleash your curiosity and try a new vegetable or a new way of preparing a vegetable you like. If you select a new-to-you vegetable at the farmers market, ask the farmer how they prepare it.

Choose variety. Alternate vegetables to avoid boredom. Along the same lines, try pairing vegetables to create a novel flavor and texture combination.

Choose color. Purple, orange, yellow and red vegetables cheer us during the gray season. And those rich hues mean phytonutrients, good-for-you compounds.

Let's start today with a deeply colorful vegetable: red beet, a root vegetable packed with flavor and rich in nutrients (vitamins, minerals, antioxidants) and fiber.

Red beets can be purchased loose or in bunches. In the latter case, you get their greens, which are quite tasty and nutritious. I like to cook various leafy greens mixed together (choose variety!). But that is a story for another day.

Some time ago, I came across *pkhali*, a dish from Georgia, the country in the Caucasus region. *Pkhali* is made from a finely chopped cooked vegetable (like spinach, eggplants, or beets) with a dressing of ground walnuts, garlic, vinegar, spices and herbs. As an additional incentive to try

this recipe, note that walnuts (and nuts in general) are a component of the Mediterranean diet.

In beet *pkhali*, the vinegar and spices balance out the distinctive sweetness of red beets, and the walnuts provide a light body to the soft texture of cooked beets. The result is a colorful, delightful way of serving this nutritious root vegetable. *Pkhali* is served as a *pâté*. I've also read it defined as a spreadable salad — how's that for choosing new?

Here is my version of the recipe from *Please to the Table: The Russian Cookbook* by Anya von Bremzen and John Welchman (published in 1990), a rich collection of recipes from a large area spanning from the Baltic countries to Uzbekistan (the section on *pkhali* can be viewed on Google Books). As usual, I personalized the recipe, making some adjustments and settling on the version I am sharing.

The headnote says that *pkhali* must be made "at least 6 to 8 hours ahead for the flavor of the garlic to settle properly." I agree; this is a dish that profits from having its ingredients spend some time together before being enjoyed.

Red Beet Pkhali

If you purchase red beets with their greens, cut off the greens about 1 inch from the beet and consume them like you would other types of dark leafy greens. Consider roasting more beets than you need for the recipe, then add the extra to a soup or a green salad. Serves 4 as an appetizer.

Ingredients:
2 red beets or 8-9 ounces (6 ounces cooked and peeled)

For the walnut sauce:
1 ½ ounces walnuts, preferably freshly shelled
2 small garlic cloves, minced

Continued on next page »



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NCJ ON THE TABLE

Continued from previous page



Red beet pkhali.

Photo by Simona Carini

- 1 tablespoon minced shallot or red spring onion
- 1 ½ tablespoons finely chopped fresh flat-leafed parsley
- ⅛ teaspoon ground coriander
- ⅛ teaspoon ground fenugreek
- 1 small pinch cayenne pepper
- ⅛ teaspoon fine sea salt
- 1 ½ tablespoons water
- ¾ tablespoon sherry vinegar or red wine vinegar

Additionally:

- ½ tablespoon sherry vinegar or red wine vinegar
- 1 tablespoon finely chopped fresh flat-leafed parsley
- Fine sea salt, if needed, to taste

Heat the oven to 375 F. Scrub the beets well. Wrap each beet in foil and place on a baking sheet. Put the beets in the oven and roast them until easily pierced with a blade, about 1 hour.

Let the beets cool until easy to handle, then slip off the skin. Weigh out 6 ounces, cut the beets in bite-sized pieces and set them aside.

To make the walnut sauce, distribute the walnuts on an unlined baking sheet or cookie sheet and place in the oven heated

to 350 F. Toast the walnuts for 5 minutes, until they become fragrant. Transfer them onto a plate and let them cool.

Grind the walnuts in a food processor. Place the ground walnuts in a bowl and add all the other sauce ingredients. Mix well and set aside.

Coarsely mince the roasted red beets in a food processor. Add the beets to the bowl with the walnut sauce. Mix well with a fork.

Add the additional vinegar, parsley and salt to taste, and mix well. Cover the bowl and refrigerate for several hours (6 to 8 recommended).

Take the pkhali out of the refrigerator ahead of time, spread it on a serving plate and smooth the top with a spatula. (I shaped it more like a low mound.) With a knife, make a pattern of diamonds on the top.

Serve at room temperature. ●

Simona Carini (she/her) also writes about her adventures in the kitchen on her blog www.pulcetta.com and shares photographs on Instagram @simonacarini. She particularly likes to create still lives with produce from the farmers market.

Is Zopissa Right for You?

By Jennifer Fumiko Cahill
jennifer@northcoastjournal.com



Shutterstock

Always take Zopissa as directed. Like the people in this ad, while laughing in a park with a non-threateningly diverse group of friends in colorful clothing. Or in full makeup with a glass of water in your sunny, spotless kitchen as you smile mysteriously at a cabinet. What's in the cabinet? That's your strange and potentially sinister secret.

Ask your doctor about Zopissa. And by ask, we mean order it with the same confidence and unwavering entitlement with which you might request an upgrade to business class upon discovering there will be an infant on the flight and no, absolutely not. And if this already harried person cannot make the upgrade happen — cannot do this one simple thing — perhaps there is someone semi-competent who works here, maybe a manager, who can do their goddamned job?

Do not take Zopissa if allergic to Zopissa. Are you allergic to Zopissa? Only one way to find out and that's pulverizing a handful of tablets in a food processor and blowing a few rails with a tightly rolled copy of your prescription. Wait 10 minutes to see if your ears swell to the size and shape of apple fritters, or your vision narrows to a pinhole, or your lungs start to feel like a pair of skittish Angora rabbits, or you experience intense itching of the liver. Shh, the ambulance is coming. OK, you should have called an ambulance before trying Zopissa. Just in case.

Side effects of Zopissa include nausea, vomiting, dizziness, more vomiting, inability to stop vomiting, light headedness due to dehydration from all the vomiting, shock at continued vomiting when there can't possibly be anything left in your stomach, Jesus, how are you still vomiting,

and that was definitely a whole circus peanut you just vomited up and you haven't eaten one since you were a kid. Many patients also experience weight loss.

Some patients who take Zopissa experience thoughts of murder. Murder has happened with patients who take Zopissa. However, only a small percentage of patients who murdered after taking Zopissa were caught. Zopissa may even help you beat a lie detector test. If someone you know commits or is planning a murder while taking Zopissa, keep your mouth shut because snitches get stitches.

Zopissa has been linked to ALL, or Acute Liver Itch, and PILS, or Persistent Itchy Liver Syndrome. Patients who are going to be babies about a little liver itching should go cry to their mommies and stop taking Zopissa immediately or as soon as they're done wiping their tiny baby noses.

Serious side effects of Zopissa may include hallucinations, like apocalyptic visions akin to a 3D virtual tour of a Hieronymus Bosch painting of Hell, or immersion into a landscape composed of and populated by marshmallow Peeps. Kind of a crapshoot. In some cases, supernatural entities, like the sphinx Horemakhet, may appear. If this occurs, correctly answer its riddles three and call your doctor immediately. Auditory hallucinations may include the creepy giggling of ghostly children beckoning you to come play with them, the croaky hissing of a Komodo dragon right behind you and/or a blasting reggae air horn.

Zopissa is not a weight loss medication. However, partly because Zopissa makes all food taste like hot roofing tar, many patients who take Zopissa lose weight. Also all that vomiting. Most patients lose just enough weight for people to notice so it

becomes the topic of every conversation and everyone is looking at your body really intently and they want to know how you did it and now you're feeling a little nausea and having some murder-y thoughts and holy hell, your liver is really itching.

Do not take Zopissa with alcohol, lol. Seriously, though, don't. (*Long stare, slow wink.*) Because it could interact with Zopissa in unpredictable divorced-aunt-on-a-cruise ways depending on your metabolism and whether you are a rowdy, sullen or mean drunk. If you do consume alcohol while taking Zopissa, stick to clear liquor and give someone else your keys and your phone because damn.

Do not operate machinery larger than an electric toothbrush while taking Zopissa. Long-term use of Zopissa can result in random blackouts, sleep loss, sleepiness, light sensitivity, extreme light sensitivity, crumbling to ash in sunlight, hair loss, hair growth in surprising locations, re-experiencing traumas you thought you'd kind of worked through already, as well as headaches and cheese teeth.

Do not cook Zopissa in a spoon over a flame and inject Zopissa unless you really know what you're doing.

Some studies have linked Zopissa to TLE, or Traumatic Liver Explosion. Do not take Zopissa if your liver has already or may explode. In most of these studies, patients whose livers exploded lost an additional 3 pounds. ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. Reach her at (707) 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Instagram @JFumikoCahill and on Mastodon @jenniferfumikocahill.

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Nightlife

Got a gig or an event? Submit it to calendar@northcoastjournal.com by 5pm Thursday the week before publication. Tickets for shows highlighted in yellow are available at NorthCoastTickets.com. More details at northcoastjournal.com. Shows, times and pricing subject to change by the venue.

VENUE	THURS 1/18	FRI 1/19	SAT 1/20	SUN 1/21	M-T-W 1/22-1/24
ARCATA THEATRE LOUNGE 1036 G St. (707) 616-3030			<i>Batman & Robin</i> (1997) (film) 8 p.m. \$8, \$12 admission and poster, preshow at 7 p.m.	Moontricks (electro-folk duo) 9 p.m.-12:30 a.m. \$22, \$20 advance	[W] Sci-Fi Night: <i>Men in Black</i> (1997) (film) 6-9 p.m. \$5, \$9 admission and poster, Pre-show 6 p.m. Raffle 7:05 p.m. Main feature at 7:10 p.m.
THE BASEMENT 780 Seventh St., Arcata (707) 845-2309	Tristan Norton Quartet (jazz) 8-11 p.m. Free	Templo (tropical bass house music) 9 p.m. \$5	Bump Foundation (funk, soul, jazz) 9 p.m.- midnight \$5		
BEAR RIVER CASINO RESORT 11 Bear Paws Way, Loleta (707) 733-9644	Thirsty Bear: NightHawk (classic hits) 9 p.m. Free	Thirsty Bear: Dr. Squid (hits) 9:30 p.m. Free	Thirsty Bear: TBA 9 p.m. Free	Thirsty Bear: Karaoke Sundays 9 p.m. Free	[W] Thirsty Bear: Bootz N Beers (country music/line dancing lessons) 7-9 p.m. Free
BLONDIES FOOD AND DRINK 420 E. California Ave., Arcata (707) 822-3453	Blondies Open Mic 6 p.m. Free			Legendary Jazz Jam 6 p.m. Free	[W] Figure Drawing, 6-8:30 p.m. \$5
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, Blue Lake (707) 668-9770		Wave: Latin Night w/DJ Panchanguero 9 p.m. Free	Wave: DJ Pressure (hits) 9 p.m. Free		[T] Wave: Reel Genius Trivia 6:30-8:30 p.m. Free.
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville (707) 839-2013		Karaoke with Rock Star 9 p.m.-1 a.m. Free			[M] Pool Tournament 6 p.m., [W] Karaoke with Rock Star 8 p.m.-midnight Free
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 27 Scenic Drive, Trinidad (707) 677-3611		Firewater: DJ Kev (funk, country, swing, old school, pop) 9 p.m. Free	Firewater: UFC 297 7 p.m. TBA		[T] Karaoke 8 p.m. Free
CRISP LOUNGE 2029 Broadway, Eureka, (707) 798-1934	Up in Joke! Comedy Open Mic 8-10 p.m. Free			Open Mic Night (15-minute time slot) 6:30 p.m. Free	[M] Pete's Projecting Again! (comedy/variety) 7-9 p.m. \$5, [T] Pool Tournament 6 p.m. \$10, [W] Kara-Smokey! 7 p.m. Free
EUREKA VETERANS MEMORIAL HALL 1018 H St. (707) 443-5341					[T] Humboldt Comedy Open Mic 7-10 p.m. Free
HISTORIC EAGLE HOUSE 139 Second St., Eureka (707) 444-3344		Reel Genius Trivia 6-8 p.m. Free			
HUMBOLDT BREWS 856 10th St., Arcata (707) 826-2739		Timbata and Palante Jazz (Latin dance party) 8 p.m. - 1 a.m. \$15	Hip Hop w/Area Sound, RA HMPT, ATG 10 p.m. \$10		
THE JAM 915 H St., Arcata (707) 822-4766	Hip Hop Thursdays (DJ) 9 p.m.-2 a.m. Free				[M] Karaoke 9 p.m. Free, [W] Weds Night Ting (DJs)
THE LOGGER BAR 510 Railroad Ave., Blue Lake	Jeff Landen (folk, country, Americana) 7 p.m. Free	Good Time Charlies (originals) 8-10 p.m. Free			
THE MADRONE TAPHOUSE 421 Third St., Eureka (707) 273-5129	Reel Genius Theme Trivia: True Crime 6-8 p.m. Free				[W] Reel Genius Trivia. 6-8 p.m. Free
MINIPIX 401 I St., Arcata (707) 630-5000	Karaoke 8:30 p.m. two-drink minimum	<i>Hack the Planet!</i> (<i>Hackers</i> film) 8 p.m. \$5, DJs Pandemonium Jones, Driftnet, Dacin 10 p.m. \$10, \$5 in costume	Karaoke en Español. 9 p.m. two-drink minimum	Karaoke 8:30 p.m. two-drink minimum	[W] Big Mood: Queer Night w/DJ Pandemonium Jones 8-10 p.m. Free
MOUNTAIN MIKE'S PIZZA EUREKA 3144 Broadway St., Suites C-3 - C-5 (707) 268-1100	Reel Genius Trivia 6-8 p.m. Free				

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MOUNTAIN MIKE'S PIZZA FORTUNA 1095 S Fortuna Blvd., Suite 48, (707) 777-7550					[T] Reel Genius Trivia. 6-8 p.m. Free
MOUNTAIN MIKE'S PIZZA MCKINLEYVILLE 1500 Anna Sparks Way, (707) 203-8500					[W] Reel Genius Trivia. 6-8 p.m. Free
NORTHTOWN COFFEE 1603 G St., Arcata (707) 633-6187					[T] Word Humboldt Spoken Word Open Mic, 6-9 p.m. Free
OLD GROWTH CELLARS 1945 Hilfiker Lane, Eureka (707) 407-0479		Reel Genius Trivia 6-8 p.m. Free			
THE PUB AT THE CREAMERY 824 L St., Suite A, Arcata (707) 630-5178					[W] Reel Genius Trivia 6:30-8:30 p.m. Free
REDWOOD CURTAIN BREWERY 550 South G St., Arcata (707) 826-7222					[W] Pints for Non-Profits: Playhouse Arts 11 a.m.-10 p.m.
REDWOOD CURTAIN BREWERY MYRTLE AVE. TASTING ROOM, 1595 Myrtle Ave., Eureka, (707) 269-7143	Anna Hamilton Trio (blues) 6-9 p.m. Free				[T] Bingo Night 6-9 p.m. Free
ROCKSLIDE BAR & GRILL 5371 State Route 299, Hawkins Bar	Jimi Jeff Jam Nite (Hendrix, Prince, funk, blues) 7:30 p.m. Free				
SAVAGE HENRY COMEDY CLUB 415 Fifth St., Eureka (707) 845-8864		Saul Trujillo (stand-up comedy) 9-11 p.m. \$15, The Latest Show 11 p.m. \$5	Saul Trujillo (stand-up comedy) 9-11 p.m. \$15, Braturday Night Live 11 p.m. \$5	Comedy Church 1-3 p.m. Free, Comedy Open Mic 9 p.m. Free	
SIREN'S SONG TAVERN 325 Second St., Eureka (707) 442-8778					[T] Siren's Sessions Open Jam 8 p.m. Free [W] Wicked Wednesday Comedy 8 p.m. Free
SPEAKEASY 411 Opera Alley, Eureka (707) 444-2244		Friday Night Jazz 8-10 p.m. Free	Jenni and David and the Sweet Soul Band (soul, funk) 7-10 p.m. Free		[T] Tuesday Night Jazz 7-10 p.m. Free
TRINIDAD TOWN HALL 409 Trinity St.		RLAD Jazz Quartet, Rob Diggins (jazz fusion) 7-9 p.m. \$10-\$20 sliding scale			
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Campfire Headphase

By Collin Yeo

music@northcoastjournal.com

Regular readers of this space know that I tend to eulogize a lot, and lately I've taken an interest in promoting the life's work of people who left the land of sunshine in 2023. This isn't out of some morbid impulse or gothic obsession with death. In fact, it's quite the opposite, as the more loss I encounter and the interest it accrues over the years, the more I desire to celebrate the living, while leaning on the continuum of the long halls (hauls?) of human experience that belongs forever to the students of the ages. In that spirit, I have been enjoying the work of the recently late surreal sci-fi writer Terry Bisson, whose collection of short stories *Bears Discover Fire* has been working me over in all the right ways. From stories like the title track about speedy evolution, to reminders that we are all, despite our calculations and creations, made of meat and living in a meat-curated world of flesh, Mr. Bisson's tales are weird and charming gems spanning a deep lode that fades as dusk on the charms of the last century, while sprinkling gold dust speculations into our own frightening era, and beyond. In other words, it's good entertainment for cold nights.

Speaking of which, read ahead.

Thursday

Here's a couple of shows with no cover if you are looking for some entertainment that won't drain your resources for the coming weekend. At 7 p.m. at the Logger Bar, Bayou Swamis member and scene stalwart **Jeff Landen** brings the oomph and va-voom to a songbook of tunes — original and otherwise — that he will roll out on vox and guitar. Expect folk, country and Americana, et al.

An hour later, jazz is in the subterranean air, as the **Tristan Norton Quartet** takes the stage in the warm, chthonian lodge of the Basement. Having not yet enjoyed the music of this particular group, I am working off word -of-mouth notations from my cadre of whispering listeners. In other words, what kind of jazz? I don't yet know, how about we find out?

Friday

The Trinidad Town Hall is hosting the **RLAD Jazz Quartet** with special guest **Rob Diggins** on the "synth violin" with an evening of music under the inscrutable banner title J.G. "Jes Grew" Bach and Jazz Fusion. No idea what that's all about. However, I do know the players are all top notch and the program includes work by such masters as Chick Corea, Freddie Hubbard, John Coltrane and Joe Henderson, whose sublime 1969 record *Power to the People* has been on rotation in my room lately. There will also be original compositions by Mr. Diggins. Seven p.m. is the hour of power and there's a \$10-\$20 suggested donation.

Over at the Miniplex at 8 p.m., you can enjoy Hack the Planet, which is a showing of the cult classic '90s flick *Hackers*, followed by a groovy electro dance party supplied by DJs **Pandemonium Jones**, **Driftnet** and **Dacin**. Visuals will be supplied by **Gorb**. You can shave \$5 off the \$10 asking price if you come costumed like a character from the movie, which is the last era when anyone associated with computers looked remotely cool or sexy.

Saturday

Tonight belongs to hip hop, at least over at Humbrews, anyway. From 6 to 9 p.m., there will be an all-ages cypher hosted by **Chill Will** and **DJ Burnt Reynolds**. Then, after an hour-long reset, the 21-and-over crowd takes over, where for \$10 you can enjoy performances by **ATG**, **RA HMPT** and **Area Sound**, all watched over by the machines of loving grace provided by the aforementioned hosts of the earlier gig. This one looks promising and might go some distance toward making up for last week's postponed Talib Kweli gig, which had to be rescheduled due to our county's excessive outdoor hydration.

Sunday

If you are a fan of the sort of music that is brewed up in jammy cauldrons for the purpose of making kombucha tonics of festival-friendly tunes whose experimentation never strays too far from note-filled dance grooves and good



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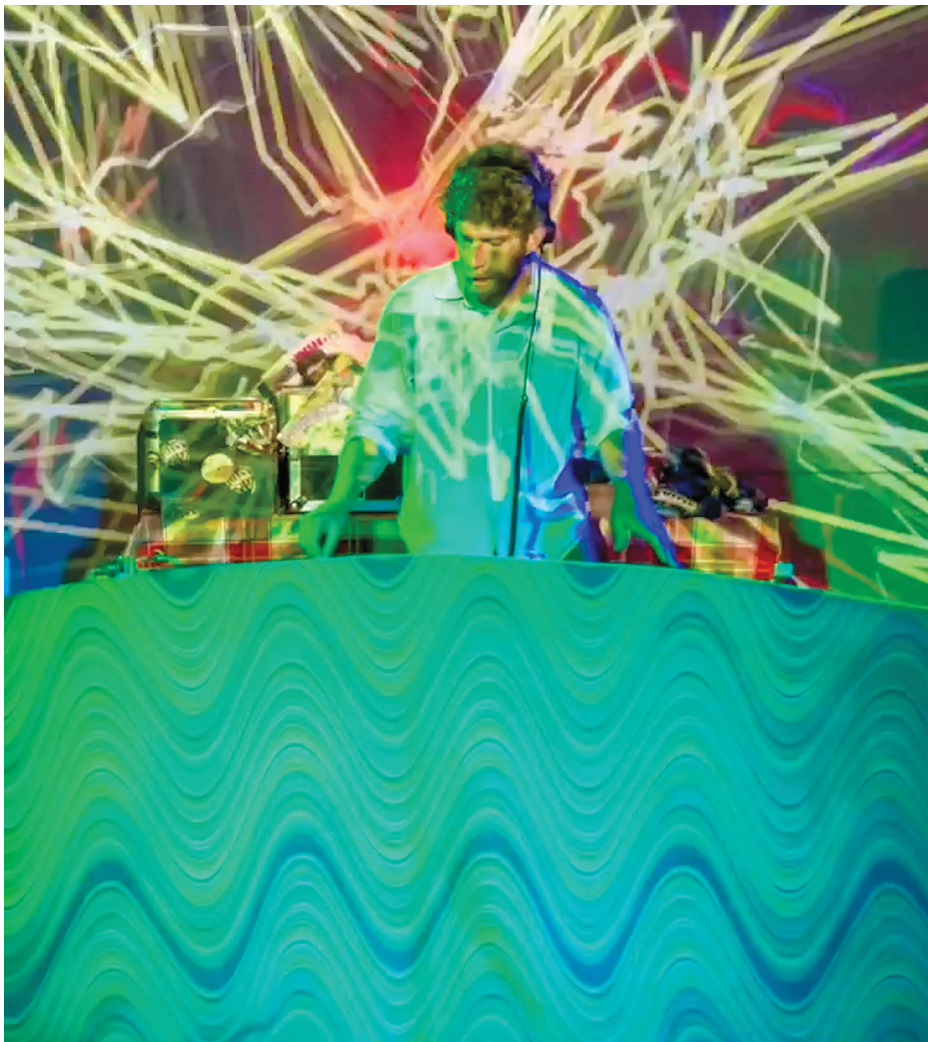
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DJ Pandemonium Jones plays the Miniplex at 8 p.m. on Friday, Jan. 19.
 Photo by Clint Pogue, courtesy of the artist

vibration flavors, then this is your night. Your only quarrel is figuring out how to navigate the fun between two venues within walking distance, Humbrews and the Arcata Theatre Lounge. Let's start with the first, where at 8 p.m. you will find **Brock, Lanzetti, Ogawa**, a trio composed of members of the popular jazz-jam group Snarky Puppy (\$25, \$20 advance). An hour later, the ATL has the Canadian electro stomp dance-grass blue-florb duo **Moontricks**, whose sound isn't too far off from what you'd hear on a UFO if the pilots were using their trust funds from the family asteroid mine fortune to fund a gap year exploring bluegrass music on our electric blue planet. This show doesn't require such wealth, as the \$22 tickets (\$20 advance) are quite affordable.

Monday

The Crisp Lounge is once again hosting comedian **Pete Nelson's** multimedia show Pete's Projecting Again. This is a gig working on becoming a regular institution, so you know what to do if you want to support local comedians throwing a variety show on one of our most notorious off-nights. Tickets are a very reasonable \$5.

Tuesday

The Peking Acrobats are returning to the Van Duzer Theatre and if you don't know, the best I can say is that what these people do appears both superhuman and effortless, with an emphasis on group dynamics and total art created by the cast, in opposition to the notion of single star players among faceless supporters. In other words, beauty in a collective endeavor. And fun for the whole family. The show is at 7 p.m., and the tickets are bracketed as follows: \$35 general admission, seniors \$25, children are \$17.50, and Cal Poly Humboldt students can enjoy the show for \$5.

Wednesday

Rather than recommend another movie or karaoke night, I'm going to lean on my previously mentioned theme of celebrating the tunes of those who passed in 2023. Tonight, I suggest the works of the Canadian troubadour Gordon Lightfoot. Nothing much to say about him other than he was a treasure. ●

Collin Yeo (he/him) is a fan of canoeing on placid water, which is like kayaking without all the expectations and grandstanding. He lives in Arcata.



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Calendar

Jan. 18 – 25, 2024



Dan Hoyle. Photo by Peter Prato

Actor, writer and creator of Journalistic Theater, Dan Hoyle transports audiences to the borders of America in his latest work **Border People**, happening **Friday, Jan. 19** and **Saturday, Jan. 20**, at **8 p.m.** at **Arcata Playhouse** (\$22, \$20 fanclub members, \$15 students). Based on real-life conversations, Hoyle gives an intimate look into the lives of 11 individuals living on geographic and cultural borders — from South Bronx housing projects to refugee safe houses along the Canadian border from along the southwestern border and into Mexico. Directed by Charlie Varon, Hoyle brings humor and poignancy to these raw, candid monologues that examine the boundaries we navigate in daily life.



Submitted

Get ready for a sinfully good time at the Papaya Lounge's latest spectacle, **Papaya Lounge: Et Cum Spiritu**, hosted by the one and only Velvet Q. Jones, on **Thursday, Jan. 25**, from **8 to 10 p.m.** (Friday's and Saturday's shows are sold out as of press time) at Dell'Arte's **Carlo Theatre** (\$35). Join Velvet, her "non-sexual" life partner Nancy, and trusty sidekick Musty Beaver as they try to save their lounge from a group of anal-retentive Texan Republicans through a sparkling lineup of bawdy acts, including musical numbers by Velvet herself and special guest appearances from the likes of Jesse March and Jesus Christ (played by Nancy Schwartz). Backed by live music, this adults-only blend of music, mirth and debauchery will razzle-dazzle your senses. Ages 18 and up.



Rob Diggins. Submitted

Westhaven Center for Arts presents its first show of the 2024 season with jazz quartet **RLAD** and synth-violinist **Rob Diggins** joining forces for a night of fusion music on **Friday, Jan. 19**, from **7 to 9 p.m.** at **Trinidad Town Hall** (\$10-\$20 sliding scale). Dance to inventive renditions of tunes by Chick Corea, John Coltrane, Angela Bofill and more jazz greats. Backed by Tim Randles, Ken Lawrence, Mike LaBolle and Doug Marcum, Diggins' violin wizardry will breathe new life into these jazz fusion classics. Learn history about the songs and let the music move you. Snacks and drinks fuel the fun.

18 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

LECTURE

One California Condor's Story. 7-9 p.m. Six Rivers Masonic Lodge, 251 Bayside Road, Arcata. Tamar Danufsky discusses the Cal Poly Humboldt wildlife department's new specimen on display. In-person and on Zoom via Redwood Region Audubon website. Free. rras.org.

MEETINGS

Friends of the Arcata Library Annual Board Meeting. 6 p.m. Arcata Library, 500 Seventh St. The organization will be electing new officers. Board members needed. Meeting will be in person with a Zoom option. Please email for a Zoom link. Free. friendsofthearcatalibrary@gmail.com. friendsofthearcatalibrary.org. (707) 840-5308.

OUTDOORS

Nature Quest. 2-5 p.m. Eureka Municipal Auditorium, 1120 F St. Wilderness immersion program for teens and adults. Explore trails and share mindfulness practices, group conversation and other eco-therapeutic activities. Adults meet Thursdays, teens meet one Saturday a month. Transportation provided for Eureka residents. Please pre-register. Free. swood2@eurekaca.gov. eurekaheroes.org. (707) 382-5338.

19 Friday

BOOKS

Weekly Preschool Story Time. Eureka Library, 1313 Third St. Talk, sing, read, write and play together in the

children's room. For children 2 to 6 years old with their caregivers. Other family members are welcome to join in the fun. Free. manthony@co.humboldt.ca.us. humlib.org. (707) 269-1910.

MUSIC

Community Song Circles. Third Friday of every month, 4 p.m. Humboldt Unitarian Universalist Fellowship, 24 Fellowship Way, Bayside. Learn songs from a variety of traditions by call-and-response, and sing for the joy of creating something beautiful together in the moment. Led by Maggie McKnight. Free. connect@huuf.org. huuf.org/worship/music-and-choir/. (707) 822-3793.

RLAD Jazz Quartet, Rob Diggins. 7-9 p.m. Trinidad Town Hall, 409 Trinity St. Jazz quartet and featured artist Rob Diggins (synth-violin) share background on tunes by Chick Corea, John Coltrane, Michael Brecker, J.G. "Jes Grew" Bach and others, and dance. Snacks and drinks available. \$10-\$20 sliding scale. westhavencenter@gmail.com. facebook.com/events/296054323478316/?ref=newsfeed. (707) 834-2479.

THEATER

Border People. 8 p.m. Arcata Playhouse, 1251 Ninth St. Dan Hoyle returns to the Arcata Playhouse with eleven monologues about living on or across borders both geographic and cultural. Developed with and directed by Charlie Varon. \$22, \$20 fanclub members, \$15 students. info@arcataplayhouse.org. playhousearts.org/events/border-people/. (707) 822-1575.

FOR KIDS

Kid's Night at the Museum. 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Weekly Preschool Storytime. Eureka Library, 1313 Third St. Talk, sing, read, write and play together in the children's room. For children 2 to 6 years old with their caregivers and other family members. Free. manthony@co.humboldt.ca.us. humboldt.gov/Calendar.aspx?EID=8274. (707) 269-1910.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Help with animal care, weeding, watering, planting and occasional harvest help on Saturday mornings. Volunteers get free produce. flowerstone333@gmail.com. (530) 205-5882.

20 Saturday

BOOKS

Jacqueline Suskin: A Year in Practice. 7-8 p.m. Northtown Books, 957 H St., Arcata. Poem Store proprietor Jacqueline Suskin returns to Humboldt to present her new book, A Year in Practice. info@northtownbooks.com. northtownbooks.com/event/jacqueline-suskin-year-practice. (707) 822-2834.

DANCE

Punkercize. 10-11 a.m. The Sanctuary, 1301 J St., Arcata. A 50-min. free-form cardio-focused autonomous exercise class/danceparty to punk rock. \$5-\$10. zuzkasabata.com/punkercize.

MOVIES

Batman & Robin (1997). 7-10 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 7 p.m. Movie at 8 p.m. Rated PG13. All ages. Batman and Robin try to keep their relationship together as they stop Mr. Freeze and Poison Ivy from freezing Gotham City. Audience participation event. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/216001574882742/. (707) 613-3030.

THEATER

Border People. 8 p.m. Arcata Playhouse, 1251 Ninth St. See Jan. 19 listing.

Kitchen Cabaret. 8-10 p.m. Synopsis Union, 1675 Union St., Eureka. The Synopsis Performance Collective presents a cabaret celebrating the convivial space of the kitchen. Aerialists, musicians, actors and physical comedians explore culinary themes in a family-friendly variety show. \$5-\$20, no one turned away for lack of funds. synopsis@eureka@gmail.com. (707) 616-3104.

FOOD

Farm Stand. 10 a.m.-2 p.m. Table Bluff Farm, 101 Clough Road, Loleta. Regeneratively grown seasonal veggies, flowers, meats and other items made by Humboldt County locals and small businesses. Cash, card, Venmo, Apple Pay and soon to accept EBT payments. info@tableblufffarm.com. TableBluffFarm.com. (707) 890-6699.

Sea Goat Farmstand. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown on site, local eggs and sourdough bread. Work from local artists and artisans. flowerstone333@gmail.com. (530) 205-5882.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Jan. 19 listing.

OUTDOORS

Arcata Marsh and Wildlife Sanctuary Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Join Redwood Region Audubon Society, bring your binoculars and meet trip leader Kathryn Wendel at the end of South I Street (Klopp Lake) in Arcata for easy-to-walk trails, bay views and a diverse range of winter birds, including ducks, shorebirds, raptors, pelicans and cormorants. Free.

FOAM Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Paul Wilson in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on marsh history, wastewater treatment, birds and/or ecology. Free. (707) 826-2359.

Forest Restoration at Rohner Park. Third Saturday of every month, 9-11 a.m. Fortuna Firemen's Pavilion, 9 Park St. Remove invasive English ivy and French broom. Tools and gloves available but you are encouraged to bring your own. High winds or heavy rain cancels. Light snack provided. Free. unde1942@gmail.com. (707) 601-6753.

Old Town Boardwalk Beautification. 10 a.m.-noon. Old Town, F Street between First and Third streets, Eureka. Eureka Community Services, Rotary Club of Eureka and volunteers beautify the Coast Guard Plaza located at the Foot of F St. on the Boardwalk. Help refresh planters with new flowers and pick up litter. All supplies provided and all ages are welcome but minors must be accompanied by a parent/guardian. jthomas@eurekaca.gov. (707) 382-6563.

SPORTS

Adorni Center Pickleball Tournament. 9 a.m.-5 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. Compete for first, second and third place medals. Co-ed tournament on Jan. 20. Men's and Women's Doubles on Jan. 21. Participants must be ages 18 and above. Register in person at the Adorni Center or by phone. \$20 per division (registration fees include a catered lunch). cjungers@eurekaca.gov. facebook.com/events/368198595588614/?ref=newsfeed. (707) 441-4248.

ETC

Thursday-Friday-Saturday Canteen. 3-9 p.m. Redwood

Continued on next page »

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Continued from previous page

Empire VFW Post 1872, 1018 H St., Eureka. Enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

21 Sunday**MUSIC**

Wine and Jazz. Third Sunday of every month, 3-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Monthly performance series highlighting Humboldt County jazz performers. Bandemonium, village drum and horn revelry. Regular admission. humboldtarts.org.

EVENTS

"Before I Do" Wedding Show. 11 a.m.-4 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Featuring over 30 vendors showcasing a multitude of wedding products or services. Vendors will be selling merchandise that can be purchased on site. \$5. office@fortunachamber.com. (707) 725-3959.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

Waffle Breakfast w/Mimosa Bar. 8 a.m.-noon. Eureka Woman's Club, 1531 J St. The Eureka Woman's Club's annual fundraiser with raffle and silent auction. Benefits Area 1 Agency on Aging, CASA, Penny Pines and a kitchen update. \$15, \$10 ages 6-10, free for under

6. ewc@eurekawomansclub.org. eurekawomansclub.org. (707) 442-3458.

OUTDOORS

Art and Nature at the Refuge. Third Sunday of every month, 1-4 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Art and nature exploration activities for all ages and abilities. Drop-in anytime between 1 and 4 p.m. Rain or shine. Themes change each month. Free. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Dune Restoration Volunteer Days. Third Sunday of every month, 10 a.m.-1 p.m. Ma-le'l Dunes North, Young Lane, Arcata. Help restore the biodiversity of the coastal dunes with the Dune Ecosystem Restoration Team. No experience necessary. Snacks and tools provided. Meet at the Ma-le'l Dunes North parking lot a few minutes before 10 a.m. dante@friendsofthedunes.org. friendsofthedunes.org/dert-days. (707) 444-1397.

Eureka Waterfront Guided Birding Trip. Third Sunday of every month, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. With leader Ralph Bucher. This relatively urban trail offers the potential to observe species abundance and diversity compared to many more remote locations. Email to sign up. Free. the-book@reninet.com. rras.org.

SPORTS

Adorni Center Pickleball Tournament. 9 a.m.-5 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. See Jan. 20 listing.

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22 Monday

MEETINGS

Humboldt Bay Bicycle Commuters Association. 6-8 p.m. Carmela's Mexican Restaurant, 1288 G St., Arcata. The agenda is set by attendees. For further information, contact Rick Knapp, president. carmelasrestaurants.com. (707) 499-5918.

ETC

Homesharing Info Session. 9:30-10 a.m. and 1-1:30 p.m. This informational Zoom session will go over the steps and safeguards of Area I Agency on Aging's matching process and the different types of homeshare partnerships. Email for the link. Free. homeshare@alaa.org. alaa.org/homesharing. (707) 442-3763.

Pathway to Payday. 9 a.m.-noon. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. Employment workshop series that focuses on enhancement of application, resume and interview skills, and offers participants the opportunity to interview with real employers for real jobs. Free. swood2@eurekaca.gov. uplifteureka.com/pathway. (707) 672-2253.

23 Tuesday

ART

Ambient Cafe. Fourth Tuesday of every month, 10 a.m.-2 p.m. The Sanctuary, 1301 J St., Arcata. Monthly space for creatives with curated musical performances. Write, draw, paint, relax. Coffee, tea and baked goods available

for purchase. Donations encouraged. together@sanctuaryarcata.org. sanctuaryarcata.org.

LECTURE

Climate Change and California's Marine Protected Areas. 7 p.m. Virtual World, Internet, Online. Jamie Blatter discusses climate change and California's marine protected areas. Register to get the Zoom link at <https://actionnetwork.org/events/climate-change-and-marine-protected-areas/>. Part of 350 Humboldt's Speakers Series. Free.

SPOKEN WORD

Word Humboldt Spoken Word Open Mic. 6-9 p.m. Northtown Coffee, 1603 G St., Arcata. Sign up list goes up at 6 p.m., and the open mic kicks off at 6:30 p.m. Two rounds of open mic poetry and a featured poet. Everyone is welcome, especially new performers. LGBTQ+ friendly. Free. instagram.com/wordhum.

THEATER

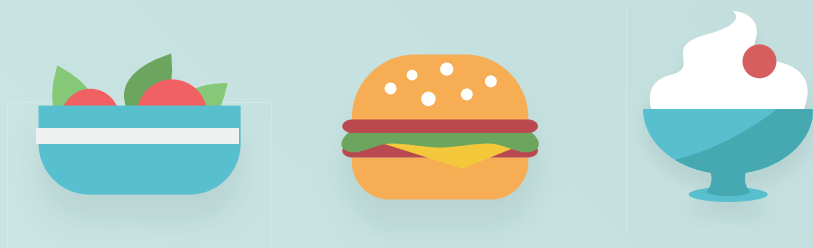
Peking Acrobats. Noon. Van Duzer Theatre, Cal Poly Humboldt, Arcata. Feats of acrobatic daring accompanied by live music and high-tech special effects. \$35, \$25 senior, \$17.50 child, \$5 CPH students. (707) 826-3928.

MEETINGS

Humboldt Cribbage Club Tournament. 6:15-9 p.m. Moose Lodge, 4328 Campton Road, Eureka. Weekly six-game cribbage tournament for experienced players. Inexperienced players may watch, learn and play on the side. Moose dinner available at 5:30 p.m. \$3-\$8. 31for14@gmail.com. (707) 599-4605.

Continued on next page »

NCJ WHAT'S GOOD



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NCJ CALENDAR

Continued from previous page

Humboldt Stamp Collectors' Club. Fourth Tuesday of every month, 6-8 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. New collectors and experts welcome. Learn about stamps, collecting and see local experts in stamps share their collections. Free. humstampclub@gmail.com.

ETC

English Express: An English Language Class for Adults. Virtual World, Internet, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressemastered.com. (707) 443-5021.

Pathway to Payday. 9 a.m.-noon. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. See Jan. 22 listing.

24 Wednesday

ART

Figure Drawing. 6-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Practice your artistic skills. \$5. blondiesfoodanddrink.com.

MOVIES

Movie and Board Game Night for Teens and Tweens. 5:30-7:30 p.m. Eureka Library, 1313 Third St. Watch a movie and enjoy snacks. Bring a friend, or make new friends and choose a board game to play throughout the movie. Games provided. Free. humlib.org. (707) 269-1910.

Sci-Fi Night: Men in Black (1997). 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 7:15 p.m. Main feature at 7:20 p.m. Rated PG13. All ages. A police officer joins a secret organization that polices and monitors extraterrestrial interactions on Earth. \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/286511657284520/. (707) 613-3030.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Jan. 19 listing.

MEETINGS

Humboldt Health Care for All. Fourth Wednesday of every month, 5-6:30 p.m. The Sanctuary, 1301 J St., Arcata. Humboldt Health Care for All/Physicians for a National Health Program meet by Zoom every fourth Wednesday. Email for meeting link. healthcareforallhumboldt@gmail.com. sanctuaryarcata.org.

ETC

Pathway to Payday. 9 a.m.-noon. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. See Jan. 22 listing.

25 Thursday

ART

Cistem Failure Showcase. 6-9 p.m. Outer Space Arcata, 837 H St. All-ages drag and music show. \$5-\$20 suggested donation, no one turned away for lack of funds). outer-spacearcata@gmail.com.

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. See Jan. 18 listing.

THEATER

Papaya Lounge: Et Cum Spiritu. 8-10 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Wild and raucous cabaret-style show with live band. Doors at 7 p.m. For ages 18 and up. \$35. papayaloungeproductions@gmail.com. papayalounge.com.

OUTDOORS

Nature Quest. 2-5 p.m. Eureka Municipal Auditorium, 1120 F St. See Jan. 18 listing.

ETC

Arcata State of the City. 10:30 a.m.-12:30 p.m. Minor Theatre, 1001 H St., Arcata. Speakers include Michael Fisher, associate vice president of facilities management at Cal Poly Humboldt, Karen Diemer from the city of Arcata, and Arcata Chamber of Commerce Executive Director Meredith Matthews. Light grab-and-go breakfast, coffee and tea provided. \$15, \$10 members. gloria@arcatachamber.com. business.arcatachamber.com/events/details/2024-state-of-the-city-296?calendarMonth=2024-01-01. (707) 897-6004.

OUT 4 Business. Last Thursday of every month, 5-7 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. An LGBTQ+ Professionals Networking Mixer providing an open and welcoming environment for all people of the LGBTQ+ community as well as friends, allies and business professionals who value diversity and inclusivity. events@historiceaglehouse.com. fb.me/e/3XK7QZyuk. (707) 444-3344.

Pathway to Payday. 9 a.m.-noon. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. See Jan. 22 listing.

Young Professionals Mixer. 6-8 p.m. Humboldt Brews, 856 10th St., Arcata. Crafted to provide young professionals the chance to swap ideas, advance professionally, establish lasting connections, and explore shared interests while gaining an insider's perspective on the local business landscape. gloria@arcatachamber.com. fb.me/e/1J1WWibRY. (707) 897-6004.

Heads Up ...

Humboldt Area Foundation and Wild Rivers Community Foundation announce the HAF+WRCF 2024 scholarship season, running from Jan. 15 through March 4, 2024. For more information and to access the online Universal Application, visit ScholarshipFinder.org. Deadline is March 4, 2024.

Volunteers are needed to help the Eureka Emergency Overnight Warming Center. Sign up at usll.list-manage.com/survey?u=ec8e886b7cc3cc023d2beee76&id=c-54604c013&e=ad03f624d3.

Teen Court Adult Mentor volunteers needed. Volunteers needed in Fortuna and Eureka. Help student advocates prep for cases and assist with the hearing process. You do not have to be an attorney, just a caring community member. Volunteer in Fortuna on Wednesday afternoons or in Eureka on Thursday afternoons. Contact hcteenecourt@bgcredwoods.org or (707) 444-0153.

College of the Redwoods' multilingual literary journal Personas is accepting submissions of original poetry, fiction, creative nonfiction, essays and art reflecting the experience of multilingualism. Writers need not be multilingual to contribute; writings may be multilingual, bilingual or monolingual. Submission period closes at midnight on March 16. For more information, email jonathan-maiullo@redwoods.edu.

Area 1 Agency on Aging seeks volunteers to help with rides to medical appointments, educate and assist people to make informed decisions about Medicare options, advocate for residents in nursing homes, assist with matching home providers and home seekers, or teach technology training to older adults. Apply at alaa.org/volunteer-interest-form/.

Become a volunteer at Hospice of Humboldt. For more information about becoming a volunteer or about services provided by Hospice of Humboldt, call (707) 267-9813 or visit hospiceofhumboldt.org. ●

Who's Game?

Self Reliance, The Beekeeper and The Book of Clarence

By John J. Bennett

screens@northcoastjournal.com



Bee enthusiasts judging your yard's non-native plants. *The Beekeeper*

SELF RELIANCE. Having not yet watched *Minx* — the Starz smut-mag series — I last checked in with multi-hyphenate Jake Johnson for *Ride the Eagle* (2021), a charmingly unassuming indie throwback from a time when, still in the throes of the plague, we could be forgiven for thinking the movie business might be in for a reckoning. Studio cataclysm mostly averted, the revolution seems as if it will likely not see a theatrical release. But, maybe as a sop to the recluses and the nerds, weird little movies are still trickling out on streaming services, albeit mostly without any appreciable marketing push.

Case in point: I was made aware of *Self Reliance* by a fellow Biff Wiff appreciator (look him up and thank me later). I would not have known to seek it out, otherwise. But seek it out I did, finding a pleasant and imaginative, if not groundbreaking, amusement that has something to say about loneliness, paranoia and, offhandedly, the perverse inhumanity of internet culture.

Tommy (Johnson), a creature of habit and something of a corporate drone, is clearly alone. He is also probably lonely, as evidenced by his self-stifled attempts to knock on a certain door (occupant at this point unknown). One day, a limousine replete with Andy Samberg as himself appears mysteriously at Tommy's side. Samberg, a shill, pitches our hero on the opportunity of the lifetime. Which opportunity turns out to be participation in a dark-web bloodsport conceived (or at least helmed) by a couple of Greenlandic weirdos. Pending his decision to take part, Tommy will be pursued by hunters for one month. If he can survive for 30 days, he wins \$1 million. Most importantly, the game contains what Tommy sees as a loophole: He can only be killed when he is alone. Simple enough, then; he'll just enlist the help of family and friends and skate through to a windfall. Except he has no friends and his family thinks he is quite insane.

Over the course of four weeks, Tommy will hire an unhoused man named James or Walt (Wiff) as his "aid," come into contact with other purported participants in the game (Anna Kendrick and Gata) and flirt with death at the hands of a cowboy and "Ellen DeGeneres," among others.

It's debatable whether the tone and aesthetic of the piece rise to the dark absurdity of the screenplay (Johnson wrote and directed), but it does maintain a balanced, guarded innocence throughout. It's shot through with questions of appearance versus reality and the need for connection; it's also got jokes and little to no pretension. While I might lament the absence of a more profound darkness at the movie's heart, I still find it satisfying for its earnestness and invention. R. 85M. HULU.

THE BEEKEEPER. Being of a certain age, I have an inescapable — if lamentable — affinity for dumb action movies. Or, more precisely, for action movies that handle dumb material with an inordinate degree of fun and professionalism. This is thin line territory, I know, considering my ceaseless hectoring of late-stage comic bookery/superhero adaptations. There is a clear and present difference, though, between the current (and currently dying) species of superhero nonsense and the erstwhile, would-be real-world ridiculousness of the action genre as perfected by Hollywood in the 1980s and '90s; call it self-awareness.

Jason Statham, the self-appointed standard bearer of a bygone sort of cinematic ass-kicking, seems to be one of the last stars standing who understands the difference between an action movie that's trying to be serious and one that's trying to have a seriously good time. This might be a logical leap on my part, given the number of sheer clunkers with which he has been associated. But to his credit, he keeps climbing the mountain. And in director David Ayer, he may have finally found the right co-conspirator.

Ayer, something of a confounding figure in contemporary movies, is a large-scale popular artist with something to say. *End of Watch* (2012) and *Fury* (2014) are both major achievements, difficult stories told with a sensitivity and respect for moral ambiguity that strive to at least some part of the truth about front-lines violence. But the movie business punishes as much as it rewards, and after the "failure" of *Suicide Squad* (2016) — which, in the aftermath, seems entirely attributable to studio interference — Ayer

has fallen back into the role of director for hire. And maybe it's not the worst thing. Because *The Beekeeper*, a patently absurd story about a retired ultra-secret operative taking on elder abuse in the phishing industry, hits all the notes it needs to. R. 105M. BROADWAY, MILL CREEK, MINOR.

THE BOOK OF CLARENCE. I make a practice of giving movies the benefit of the doubt. And what appeared, at least in the early going, to be a comic-satire about Jesus and the apostles, with an almost all Black cast lead by the great LaKeith Stanfield, felt worth a look. And when the affair started with a chariot race between Mary Magdalene (Teyana Taylor) and Clarence (Stanfield), a hustler who sells weed in lower Jerusalem, I thought maybe I was receiving the gift of a Mel Brooks-Blaxploitation hybrid.

Instead, I ended up with a pretty straightforward Christian story, sodden with orchestral score and off-key ballads, where the occasional joke feels more like a suggestion of another movie than comic relief. PG13. 129M. BROADWAY. ●

John J. Bennett (he/him) is a movie nerd who loves a good car chase.

NOW PLAYING

ANYONE BUT YOU. Sydney Sweeney and Glen Powell try to make their exes jealous in a destination wedding rom-com. R. 103M. BROADWAY, MILL CREEK.

AQUAMAN AND THE LOST KINGDOM. Jason Momoa dons his trunks for his last dip in the DC franchise. BROADWAY, MILL CREEK.

THE BOY AND THE HERON. Hayao Miyazaki animated adventure about a boy who travels beyond the veil to see his mother. PG13. 125M. BROADWAY (DUB), MINOR.

THE BOYS IN THE BOAT. True-story drama about a university crew team headed for the 1936 Berlin Olympics. PG13.

124M. BROADWAY, MILL CREEK.

THE COLOR PURPLE. Film adaptation of the book-based Broadway musical starring Fantasia Barrino and Taraji P. Henson. PG13. 140M., MINOR.

FALLEN LEAVES. Finnish comedy drama about a stumbling romance hindered by happenstance in Helsinki. With subtitles. NR. 81M. MINOR.

FOUNDER'S DAY. A small-town election and tri-centennial are marred when a killer with a mask, a wig and a gavel goes on a rampage. R. 106M. BROADWAY, MILL CREEK.

GODZILLA MINUS 1. The kaiju origin story goes back to its roots in postwar Japan for intense horror with emotional weight. In Japanese. PG13. 125M. BROADWAY.

I.S.S. War on Earth reaches the International Space Station, pitting astronauts against one another. R. 95M. BROADWAY, MILL CREEK.

MEAN GIRLS (2024). Tina Fey's iconic comedy about girl-on-girl violence gets an update. PG13. 112M. BROADWAY, MILL CREEK.

MIGRATION. Animated duck adventure voiced by Elizabeth Banks, Awkwafina and Keegan-Michael Key. PG. 92M. BROADWAY, MILL CREEK.

NIGHT SWIM. Pool's haunted, kids! PG13. 98M. MILL CREEK.

TROLLS BAND TOGETHER. Animated musical sequel with a boy band plot and wow, good luck, accompanying parents and guardians. PG. 91M. BROADWAY.

WONKA. Timothée Chalamet brings his bone structure to the candy man's origin story. With Hugh Grant in Oompa-Loompa mode. PG. 112M. BROADWAY, MILL CREEK, MINOR.

Fortuna Theatre is temporarily closed. For showtimes call: Broadway Cinema (707) 443-3456; Mill Creek Cinema 839-3456; Minor Theatre (707) 822-3456.



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Senior Nutrition Program

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- Meals on Wheels Redwood Coast for homebound older adults living in Arcata, Eureka, Fortuna, and McKinleyville.

Redwood Coast PACE

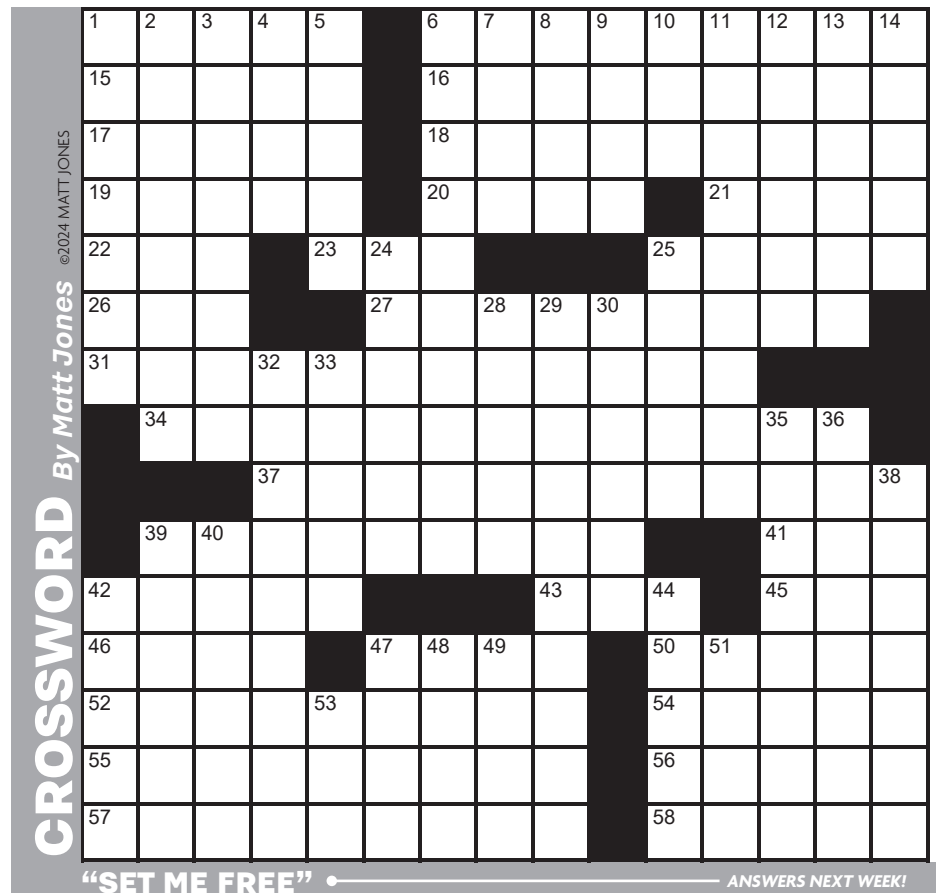
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ACROSS

1. Structural material
6. Nehi offering
15. "Somewhere Only We Know" performers (2004)
16. Stopped oneself
17. Element #18
18. Up against it
19. West of "Futurama"
20. Helper, for short
21. "Agreed"
22. Mellow
23. Baryshnikov's former dance co.
25. Blender brand
26. Scottish veto
27. Withdrawn
31. Preparing it may involve a snap
34. Mandatory
37. Spots for scratches
39. "___ are rarely the protagonists in the English novel, but they are oddly

abundant in its margins." (2017 essay in The Conversation)

41. "Still ___" (1999 track ft. Snoop Dogg)
42. Off-schedule
43. H, as in Greek
45. Pastor's nickname
46. Fashion designer Cassini
47. Tomato variety
50. "The Hobbit" setting
52. Court order?
54. Well-connected Bacon
55. Greeting to new arrivals
56. Upright, as posture
57. Waiting areas
58. "Tiny Bubbles" singer from Hawaii

it up?

2. Actress with the autobiography "Speedbumps: Flooring It Through Hollywood"
3. Vision of near-perfection?
4. Unstable chemical compound
5. Lotte ___ of "The Threepenny Opera"
6. Long-necked wader with about a five-foot wingspan
7. Deep sleep states
8. Edwards and Lackland, e.g.
9. Nitwit, to a Brit
10. Take a course?
11. Resists squirminess
12. Airing when old networks would've signed off for the day, maybe
13. Found to be

14. Snake with a puff variety
24. Goddess, box, and cornrow, for example
25. Radical that's C8H17 (with more focus on the 8)
28. "All done"
29. Robins, outside of the U.S.
30. Optimally
32. Netflix series that spawned a Netflix reality show
33. Full of wordplay
35. Like some Internet searches and surreal art, these days
36. Prospectors' reaction after striking gold, maybe
38. 53 minutes past
39. Brawl setting in Westerns
40. Like jigsaw puzzles

- and some lumber
42. 2017 role for Margot
44. Set a price at
47. Start again
48. Twistable cookie
49. Seriously harm
51. Deli sandwich
53. ___ y tierra burrito (steak and shrimp option)

LAST WEEK'S ANSWERS TO WELCOME TO '24

M	C	S		O	A	F	S		A	I	S	L	E
O	R	O		R	H	O	N	A		I	N	T	E
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Fitness

PUNKERCIZE a 50 min free-form cardio workout \$5-\$10, Sats 10-11am at the Sanctuary 1301 J st Arcata. More info at www.zuzkasabata.com/punkercize

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FREE WORK READINESS SKILLS CLASSES visit <https://www.redwoods.edu/adulted> or call College of the Redwoods at 707-476-4500 for more information and to register.

INJECTIONS January 30, 2024 Call College of the Redwoods Community Education at (707) 476-4500.

INSTRUCTORS NEEDED: Bookkeeping (QuickBooks), ServSafe Manager's Certification & Cannabis Business Training. Call College of Redwoods Community Education at (707) 476-4500.

MEDICAL BILLING & CODING SPECIALIST ONLINE INFORMATIONAL MEETING March 14, 2024 Call College of the Redwoods Community Education at (707) 476-4500.

PHARMACY TECHNICIAN ONLINE INFORMATIONAL MEETING March 16, 2024 Call College of the Redwoods Community Education at (707) 476-4500.

TRUCK DRIVING INFORMATIONAL MEETINGS Feb. 5 & 7, 2024 Call College of the Redwoods Community Education at (707) 476-4500.

VENIPUNCTURE February 13, 2024 Call College of the Redwoods Community Education at (707) 476-4500.

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<p>NOTICE OF PETITION TO ADMINISTER ESTATE OF KEIKO ZAJANC CASE NO. PR2300372</p> <p>To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of KEIKO ZAJANC A PETITION FOR PROBATE has been filed by Petitioner DAVID ZAJANC The petition for probate requests that DAVID ZAJANC be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.</p> <p>A HEARING on the petition will be held on January 25, 2024 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4, Room: 4</p> <p>For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/</p> <p>IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.</p> <p>IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.</p> <p>YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available</p>	<p>from the court clerk. Attorney for Petitioner: Thomas B. Hjerpe, Esq. Law Office of Hjerpe & Godinho, LLP 350 E Street, 1st Floor Eureka, CA 95501 (707) 442-7262 Filed: December 26, 2023 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT</p> <p>1/4, 1/11, 1/18/2024 [24-002]</p> <p>NOTICE OF PETITION TO ADMINISTER ESTATE OF RUSSELL McGAUGHEY CASE NO. PR2300373</p> <p>To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of RUSSELL McGAUGHEY A PETITION FOR PROBATE has been filed by Petitioner JENNIFER McGAUGHEY The petition for probate requests that JENNIFER McGAUGHEY be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.</p> <p>A HEARING on the petition will be held on January 25, 2024 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4, Room: 4</p> <p>For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/</p> <p>IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.</p> <p>IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days</p>	<p>from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.</p> <p>YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Jocelyn M. Godinho, Esq. Law Office of Hjerpe & Godinho, LLP 350 E Street, First Floor Eureka, CA 95501 (707) 442-7262 Filed: December 28, 2023 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT</p> <p>1/4, 1/11, 1/18/2024 [24-004]</p>	<p>LEGAL NOTICE</p> <p>NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED INTENDS TO SELL THE PERSONAL PROPERTY DESCRIBED BELOW TO ENFORCE A LIEN IMPOSED ON SAID PROPERTY UNDER THE California Self Service storage facility Act Bus& Prof Code sb21700-21716.</p> <p>The undersigned will be sold at public sale by competitive bidding on the 2nd day of February at11 am, on the premises where said property has been stored and which is located at 804 S. Fortuna Blvd, Fortuna, County of Humboldt, State of California. The following units will be sold for cash unless paid for by tenant prior to auction.</p> <p>Brian Williams D210 Denise Bull D212 Jillaine Huggard D219 Lucia Mendez-Bonilla H102 Melinda Felty C221 Serena Carr C230 Kyle Gaidos C242 Mashawna Bruce C245 Adrienne Newby A205 Makayla Bluhm F229 Katie Alexander-Clark C204 Margaret Patteerson B227</p>	<p>Michael Caccavello B207 Cynthia Payne EI07 Dillion Nelson CI04 Ryan Kronengold B216 Franklin Wall C214</p> <p>1/18, 1/25/2024 [24-018]</p> <p>PUBLIC SALE</p> <p>NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.</p> <p>The undersigned will sell at auction by competitive bidding on the 24th of January, 2024, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage.</p> <p>The following spaces are located at 4055 Broadway Eureka, CA, County of Humboldt.</p> <p>Geoffrey Burns, Space #5101 Rebecca Reeves, Space #5258 Cindy O'Neil, Space #5332 Victoria Ramsey, Space #5402 Samantha Delaney, Space #5442</p>	<p>The following spaces are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.</p> <p>Damian Morton, #2416 Carissa Fidler, Space #2914 Johana Alfred, Space #3008 Dixie Rogers, Space #3114 Alma Baker, Space #3411</p> <p>The following spaces are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.</p> <p>Amber Lund, Space #1126 Michael Dolan, Space #1190 Caleb Hanevik, Space #1222 Madeline Alvarado, Space #1361</p> <p>The following spaces are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.</p> <p>Dan Conant, Space #286 Hannah Hudson, Space #356 James Topp, Space #425 Matthew Plants, Space #481 Elise Jones, Space #482 Pamela Petersen, Space #486</p>
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Amber Lund, Space #562
Erin Cranford, Space #588
Erin Cranford, Space #595
Anna Sparer, Space #740
Anthony Hartshorn, Space #759
Annamarie Whipple, Space #819

The following spaces are located at 100 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

None

The following spaces are located at 1641 Holly Drive McKinleyville, CA, County of Humboldt and will be sold immediately following the sale of the above units.

John Davis, Space #4106
Isaac Williams, Space #7202
Isaac Williams, Space #7208

The following spaces are located at 2394 Central Avenue McKinleyville

CA, County of Humboldt and will be sold immediately following the sale of the above units.

Kelly Chaucer, Space #9241
Buddy Bennett, Space #9332

The following spaces are located at 180 F Street Arcata CA, County of Humboldt and will be sold immediately following the sale of the above units.

Tony Correll, Space #4135
Vonda Cathey, Space #4710
David Stock, Space #6021
Alyssa Thomas, Space #6111
Jack DeCorso, Space #6119

The following spaces are located at 940 G Street Arcata CA, County of Humboldt and will be sold immediately following the sale of the above units.

Paul Kennedy, Space #6322
Jonathan Pena-Centes, Space #6354

Benjamin Contreras, Space #6409
Tyler Martin, Space #6449

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown.

Anyone interested in attending Rainbow Self Storage auctions must pre-qualify. For details call 707-443-1451.
Purchases must be paid for at the time of the sale in cash only. All pre-qualified Bidders must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchased items

are sold as is, where is and must be removed at time of sale. Sale is subject to cancellation for any reason whatsoever.
Auctioneer: Nicole Pettit, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

1/11, 1/18/2024 (24-007)

FICTITIOUS BUSINESS NAME STATEMENT 23-00731

The following person is doing Business as
D.B. BUILDERS

Humboldt
4985 Meyers Ave
Eureka, CA 95503

Doug V Boltzen
4985 Meyers Ave
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the ficti-

tious business name or name listed above on Not Applicable
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Doug Boltzen, Owner
This December 22, 2023
JUAN P. CERVANTES
by sc, Humboldt County Clerk

12/28, 1/4, 1/11, 1/18/2024 (23-444)

FICTITIOUS BUSINESS NAME STATEMENT 23-00736

The following person is doing Business as
STYLES STUDIO

Humboldt
2869 School St
Fortuna, CA 95540

Jessica H Berg
2869 School St
Fortuna, CA 95540

Bobbi J Lewis
2869 School St
Fortuna, CA 95540

The business is conducted by a General Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Bobbi Jo Lewis, General Partner
This December 26, 2023
JUAN P. CERVANTES
by sg, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8/2024 (24-022)

FICTITIOUS BUSINESS NAME STATEMENT 23-00741

The following person is doing Business as
G PEACH STUDIO

Humboldt
1494 Sharon Ave
McKinleyville, CA 95519

Georgia Sack
1494 Sharon Ave
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on December 29, 2023
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Georgia Sack, Owner
This December 29, 2023
JUAN P. CERVANTES
by jc, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8/2024 (24-021)

FICTITIOUS BUSINESS NAME STATEMENT 24-00017

The following person is doing Business as
D K MARKET

Humboldt
39 Wabash Ave
Eureka, CA 95501



REQUEST FOR QUALIFICATIONS FOR GENERAL CONTRACTORS FOR P.E. REPLACEMENT PROJECT

NOTICE IS HEREBY GIVEN that the Redwoods Community College District, acting by and through its Governing Board, ("District") will receive sealed General Contractors Prequalification Applications for the **P.E. REPLACEMENT PROJECT**.

The District will not open bids for the Project above from bidders who were not prequalified by the District's Prequalification team. Bid documents for the Project are expected to be released on or about March 6, 2024. In order to Prequalify to Bid, the Bidder shall return a fully completed Application on or before the deadline set forth in the Notice to Contractors. Proposal Documents (RFQ) are available at: College of the Redwoods 7351 Tompkins Hill Road, Eureka, CA 95501 Website: <https://www.redwoods.edu/businessoffice/Purchasing> The Bidder shall submit the complete Prequalification Application package in accordance with the information below:

College of the Redwoods
Attention: Julia Morrison - Vice President, Administrative Services
P.E. REPLACEMENT PROJECT
7351 Tompkins Hill Rd, Eureka, CA 95501
Or to Julia-Morrison@redwoods.edu

All Bidders on this Project must be Prequalified prior to submitting a Bid. Prequalification Applications are required to be submitted to the District **prior to 2:00PM, Wednesday, January 31, 2024**, on a clock designated by the District as the official clock. The District is not responsible for ANY DELAY on receipt of submittals through any common carrier or other means of transmission. Faxed submittals are NOT acceptable. Bidders deemed by the District as Prequalified to bid on this Project shall be notified within thirty-five (35) calendar days after the submission deadline for Prequalification Applications.

The District reserves the right to cancel this Prequalification in its entirety at any time, and to cancel this Prequalification and resolicit new Applications with revised evaluation and scoring criteria. The District also reserves its right to cancel this Prequalification process and Bid the project with competition open to all responsive and responsible Bidders if the District determines this is in its best interests. The District shall not be liable to the applicants for the applicants' cost of responding to the Prequalification nor for any other damages occasioned by such cancellation. If this Prequalification is canceled after the Prequalification Application due date, the Applications will be returned to the applicants and no scoring results will be published.

This is a project-specific prequalification. Successful prequalification for earlier projects with the District will not substitute for applying for this project. Annual CUPCAA Prequalification with the District also will not substitute for applying for this project.

Redwoods Community College District

NOTICE OF WAREHOUSE LIEN SALE [CIV. CODE SEC. 798.56A(E); COMM. CODE SECS. 7209, 7210]

TO ELIZABETH GRACE JACKSON AND DUSTY RUCKER; AND ALL PERSONS CLAIMING AN INTEREST in the following goods:

A 1972 mobilehome, Manufacturer: Glenbrook HM N Calif. Inc., Tradename: Glenbrook, Decal No. ABG9749, Serial No. 0071; HUD Label/Insignia 35357.

SINCE THE DEMAND MADE under Civil Code Section 798.56a(e) and Commercial Code Sections 7209, 7210(2) of the Commercial Code by **QSW, INC. dba TOWN & COUNTRY MOBILE VILLA, a California corporation** ("Community Owner") for payment in full of the storage charges due and unpaid was not satisfied, the above-stated mobilehome, held on account of Elizabeth Jackson and Dusty Rucker, and due notice having been given to all parties known to claim an interest in the mobilehome and the time specified in the notice having expired, **notice is hereby given** said mobilehome, and all of the fixtures contained in the home, will be advertised for public sale and sold by auction at **10:00 a.m. on December 22, 2023 at 4984 Van Dyke Ct., City of Arcata, County of Humboldt, State of California 95521**. The subject mobilehome, and all fixtures contained in the home, will be sold in bulk, "as-is" without warranties of title, fitness for a particular purpose or any other warranties, express or implied, and will be subject to a credit bid by Community Owner. The sale is subject to change upon proper notice.

Please take notice payment at the public sale must be made by certified funds within three (3) days of the warehouse lien sale or at the time the mobilehome is removed from the premises, whichever is sooner. Failure to pay or remove as required will result in failure of the bid in which case the next highest bid will be taken subject to these same terms and conditions; if the next highest bidder is Community Owner's credit bid, then Community Owner's credit bid will prevail.

Reasonable storage charges at the per diem rate of at least \$14.82 from September 27, 2023, plus utilities and other charges due as of November 1, 2023 of at least \$234.72, plus estimated charges of \$1,000.00 for publication and service charges (note: this is an estimated administrative charge only; actual charges incurred must be paid to satisfy the demand for payment), all associated with the storage of the mobilehome in the sum of \$1,842.34. Additionally, you must pay daily storage in the amount of \$14.82 per day accruing on or after November 7, 2023, plus utilities and other charges associated with the storage of the mobilehome due after December 1, 2023, and continuing until the mobilehome is removed from the Community.

Please take further notice all bidders must remove the subject mobilehome from the premises within seventy-two (72) hours after the sale or disposition of the same. **THE MOBILEHOME MAY NOT REMAIN IN TOWN & COUNTRY MOBILE VILLA AFTER THE SALE OR DISPOSITION**. Any purchaser of the mobilehome will take title and possession subject to any liens under California Health & Safety Code §18116.1. All bidders are responsible and liable for any penalties, or other costs, including, but not limited to, defective title or other bond, which may be necessary to obtain title to, or register, the mobilehome.

TOWN & COUNTRY MOBILE VILLA

Dated: November 27, 2023, at San Jose, California BY: ANDREW J. DITLEVSEN

ADVERTISEMENT FOR BIDS

Separate sealed bids will be received to provide the furnishing of all labor, material, equipment, and supervision for the construction of the HSIP Cycle 10 Project HSIPSL-5036(016). The work generally includes, but is not limited to: removal of existing asphalt pavement, concrete sidewalk, concrete driveways, concrete curb and gutter, and guardrail; and the placement/construction of concrete sidewalk, concrete driveways, concrete curb ramps, concrete curb and gutter, hot mix asphalt pavement and dikes, pavement striping and markings, MGS, terminal end sections, signage, rectangular rapid flashing beacons (RRFBs), storm drain piping, and storm drain inlets as shown on the plans. The estimated construction cost is approximately \$ 482,000.

The plans, specifications, bid forms and contract documents for the Project, and any addenda thereto ("Contract Documents") may be downloaded from City's website located at: <https://trinidad.ca.gov/>.

Each proposal must be submitted on the prescribed form and accompanied by a certified check or Bid Bond in an amount of not less than 10 percent of the amount bid. Successful bidders will be required to furnish both a Payment Bond and Performance Bond in the full amount of the Contract Price.

In accordance with Public Contract Code Section 10263 the Contractor will be allowed to substitute securities for monies normally withheld by the Owner to insure performance under this contract.

To bid on this project, contractors must hold the following contractor's license: Class "A" General Engineering. This is a public works project so all bidders must be registered with the Department of Industrial Relations (DIR) and pay the prevailing wage rates (this includes, travel, subsistence, holiday pay, designated days off and overtime) determined by the Director of the DIR according to the type of work and location.

R & R Investments Group LLC
CA 2023-57513535
849 Windward Dr
Rodeo, CA 94572

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on December 19, 2023 I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Kewal S Randhawa, President/
Managing Member
This January 10, 2024
JUAN P. CERVANTES
by jr, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8/2024 (24-014)

**FICTITIOUS BUSINESS NAME
STATEMENT 24-00018**

The following person is doing Business as
**HENDERSON CENTER LAUN-
DROMAT**

Humboldt
2938 E St
Eureka, CA 95501

6186 Younger Ln
Eureka, CA 95501

Pacific Coast Laundromats LLC
CA 202359414143
6186 Younger Ln
Eureka, CA 95503

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on December 30, 2023 I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Shelley Allen, Managing Member
This January 10, 2024
JUAN P. CERVANTES
by sg, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8/2024 (24-017)

**FICTITIOUS BUSINESS NAME
STATEMENT 24-00019**

The following person is doing Business as
SUMMER STREET LAUNDROMAT

Humboldt
1111 Summer St
Eureka, CA 95501

6186 Younger Ln
Eureka, CA 95503

Pacific Coast Laundromats LLC
CA 202359414143
6186 Younger Ln
Eureka, CA 95503

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Shelley Allen, Managing Member
This January 10, 2024
JUAN P. CERVANTES
by sg, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8/2024 (24-016)

**FICTITIOUS BUSINESS NAME
STATEMENT 24-00020**

The following person is doing Business as
CUTTEN PLAZA LAUNDROMAT

Humboldt
4015 Walnut Dr
Eureka, CA 95503

6186 Younger Ln
Eureka, CA 95503

Pacific Coast Laundromats LLC
CA 202359414143
6186 Younger Ln
Eureka, CA 95503

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on December 30, 2023 I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Shelley Allen, Managing Member
This January 10, 2024
JUAN P. CERVANTES
by sg, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8/2024 (24-015)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
JULIAN WERLY
CASE NO. CV2302088
SUPERIOR COURT OF CALI-
FORNIA, COUNTY OF
HUMBOLDT 825 FIFTH ST.
EUREKA, CA. 95501**

PETITION OF:
JULIAN WERLY
for a decree changing names as follows:
Present name
JULIAN TOBIAS WERLY
to Proposed Name
JULIAN TOBIAS GEORGE
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above

must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: March 8, 2024
Time: 1:45 p.m., Dept. 4 Room 4
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT 825 FIFTH
STREET EUREKA, CA 95501

To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.

Date: January 4, 2024
Filed: January 4, 2024
/s/ Timothy A. Canning
Judge of the Superior Court

1/11, 1/18, 1/25, 2/1/2024 (24-009)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
TRAVIS VEGA
CASE NO. CV2302087
SUPERIOR COURT OF CALI-
FORNIA, COUNTY OF
HUMBOLDT 825 FIFTH ST.
EUREKA, CA. 95501**

PETITION OF:
TRAVIS VEGA
for a decree changing names as follows:
Present name
TRAVIS WAYNE VEGA SANCHEZ
to Proposed Name
MISTER VEGA
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

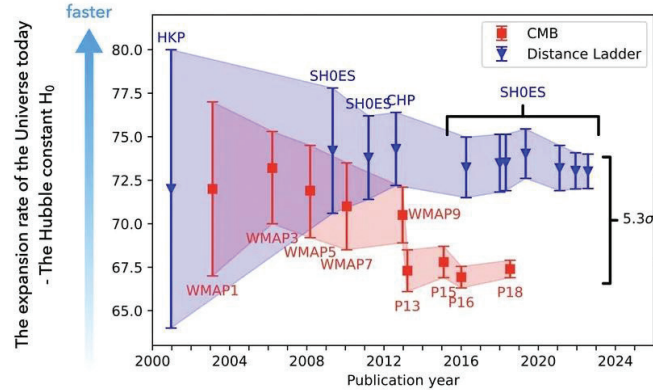
NOTICE OF HEARING
Date: March 8, 2024
Time: 1:45 p.m., Dept. 4 Room 4
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT 825 FIFTH
STREET EUREKA, CA 95501

To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.

Date: January 4, 2024
Filed: January 4, 2024
/s/ Timothy A. Canning
Judge of the Superior Court

1/11, 1/18, 1/25, 2/1/2024 (24-011)

NCJ FIELD NOTES



A graph showing rate of the universe's expansion according to conflicting data sets.

Diagram courtesy of D'arcy Kenworthy, University of Stockholm

Cosmic Crisis

By Barry Evans

fieldnotes@northcoastjournal.com

There are crises and crises, and unless you're an avid science buff, you may not realize that cosmologists — the few thousand researchers whose lives are dedicated to understanding the history of the universe from birth to death — are currently faced with a huge predicament that's only getting worse. It's to do with the expansion of the universe, which we've known about for a hundred years.

Contrary to what Isaac Newton and Albert Einstein (originally) thought, the universe isn't static, it's expanding. In the 1920s, Edwin Hubble, working with what was then the largest telescope in the world on California's Mount Wilson, established the Hubble law: The farther away a galaxy is, the faster it's moving away from us. And that's true for all observers — we're not special. This suggests that a movie of the universe run backwards would show everything eventually contracting to an infinitely dense point, confusingly dubbed the Big Bang.

Until 25 years ago, the consensus was that the expansion rate, the Hubble constant, H_0 (the "zero" subscript refers to the expansion rate now, which is constant throughout the universe), had to be slowing down, since all the matter in the universe is gravitationally attracted to all the other matter. However, in 1998, two groups working independently — one in Chile, the other in California — published their groundbreaking discovery that the expansion is speeding up. (Instruments capable of analyzing deep space objects to the required accuracy only became available in the '90s, as film cameras were supplanted by more sensitive digital ones.) A repulsive force, dark energy, as in, "We haven't a clue what it is," must permeate the universe, causing the expansion to accelerate rather than to slow down under the influence of gravity. And dark energy isn't trivial: It constitutes about 70 percent of the combined mass and energy in the universe.

The "crisis" stems from the conflicting results given by the two main ways in

which the rate of the cosmic expansion is measured. One depends on a model derived from our map of the very early universe, the cosmic microwave background or CMB. Some 370,000 years after the singularity, the formerly opaque universe became transparent with the formation of neutral hydrogen atoms. The CMB is the starting point from which astrophysicists have modeled the history of the universe, from 370,000 years after the Big Bang to the present time, 13.8 billion years on. From this so-called "lambda-CDM" model (which has been spectacularly successful in solving many outstanding cosmic problems), cosmologists have derived a current expansion rate, or Hubble constant, of about 67 kilometers/second/megaparsec — the red shading in the diagram above.

The second way to calculate the Hubble constant is to directly measure the velocities of galaxies and galaxy clusters speeding away from us plotted against their distances, the latter derived from a well-established "Distance Ladder." These ongoing observations are homing in at around 74 kilometers/second/megaparsec, indicated by blue shading in the diagram.

To you and me, the difference between 67 and 74 is meh. Big deal. But to those whose careers depend on it (not to mention potential Nobel prizes) it's huge. Either our best cosmic model, including lambda-CDM and/or Einstein's relativity, is wrong — which could lead to a whole new understanding of physics; or the way we're making observations of the universe is completely cock-eyed. Hopefully in the next few years, data from the Webb Space Telescope, the European Gaia spacecraft and perhaps gravity wave observatories, will resolve the 67-74 gap. Until then, researchers are up against a crisis of cosmic proportions. Literally.



Barry Evans (he/him, barryevans9@yahoo.com) thinks this is a terrific time to be following this conundrum.



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an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

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DESK TECHNICIAN – FT Regular
(\$18.54-\$20.86 per hour DOE)

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Regular (\$19.54 - \$26.33 DOE)

**HEALTH INFORMATION MANAGEMENT,
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EMT-1 – Temporary and FT Regular
(\$16.00 - \$18.00 DOE)

HOUSEKEEPING SUPERVISOR (FACILITIES)
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HEALTH) – FT/Regular (\$20.00 - \$24.00 DOE)**

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– FT Regular (\$35.59 - \$48.60 DOE)

COALITION COORDINATOR – FT
Regular (\$17.14 - \$20.01 per hour)

**PERSONAL HEALTH RECORD (PHR)/
MEDICAL RECORDS SPECIALIST – FT**
Regular (\$18.62 - \$23.77 per hour DOE)

CERTIFIED MEDICAL ASSISTANT – FT
Regular (\$20.44 - \$27.55 per hour DOE)

MEDICAL ASSISTANT – FT Regular
(\$18.62 - \$25.09 per hour DOE)

DENTAL HYGIENIST – FT/
Regular (\$39.00-\$43.00 DOE)

PHYSICIAN – FT/Regular (\$290K-\$330K)

MENTAL HEALTH CLINICIAN – FT/Regular
(DOE licensure and experience) LMFT,
LCSW, Psychologist, or Psychiatrist

DENTIST – FT/Regular (\$190K-\$240K)

All positions above are Open Until
Filled, unless otherwise stated.

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 OR call 530-625-4261 OR apply on our website: <https://www.kimaw.org/> for a copy of the job description and to complete an electronic application. Resume/CV are not accepted without a signed application.



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INTED

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Nemo Que Voluptam Utate Volo Dolentis Il Otare Seq Voluptat i Sunt, No M Et Ra Volcomponia Quiesci i Eumenis Moluptas Sum Et Ut Volent



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Send resume and inquiries
to hiring@kmud.org



Program Assistant-Case Management,

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First review 1/26/24

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www.changingtidesfs.org Hablamos español
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BRE# 01066670
707.498.6364



Mike Willcutt
Realtor
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Ashlee Cook
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Tyla Miller
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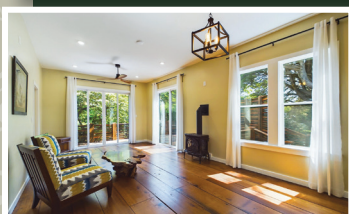


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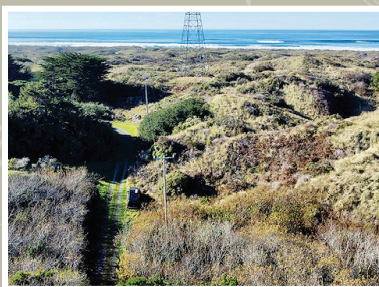
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FEATURED LISTING!

7711 MYRTLE AVENUE, INDIANOLA
\$1,395,000

Serene multi-family property centrally on ± 2.3 lush, stunningly landscaped acres. All living units have been recently remodeled, beginning with the tranquil 4/3 farmhouse with a contemporary design, custom large plank hardwood floors, entertainer's kitchen, and simple yet upscale finishes throughout. Additional 1/1 unit and duplex tie into the clean and modern design while offering space for family, guests or lodging opportunities while the meditation/art studio tower presents a space for all types of creative expression. A truly all-round property ready for your vision, from a family compound to an income producing rental to special event facility and everything in between.



410 BEACH DRIVE,
MANILA
\$185,000

Dreaming of stepping out your front door to take a sunset beach walk? Then consider this NorCal undeveloped coastal property

adjacent to a stretch of ten uninterrupted miles of public dunes and beaches. The parcel offers wild and wonderful open space with a dynamic and panoramic sky. The zoning is single family residential and will require a coastal development permit from the county. Seller has completed some of the necessary legwork and requirements. Owner may carry with 50% down.



3070 PIGEON POINT
ROAD, EUREKA
\$299,000

Uncover the hidden potential of this fixer nestled in a highly sought-after location! 3

Bedroom, 1 bathroom house on a $\pm .42$ acre lot with a detached 2-car garage. If you're seeking a project brimming with potential in an idyllic setting, this property is an absolute must-see!



± 60 ACRES MATTOLE
ROAD, HONEYDEW
\$229,000

± 60 Acres with unbeatable views conveniently located off Mattole Road just minutes from Honeydew! Enjoy the country life on this off the

grid property featuring privacy, southern exposure, easy access and a 1,500 sq. ft. 2 bedroom, 2 bathroom home with expansive decks to soak in the sun and appreciate the view. Water is supplied by a gravity fed spring with 2,500 gallons of storage. Come live the rural lifestyle in beautiful Southern Humboldt!



± 51 ACRES HIDDEN VALLEY
ROAD, LARABEE VALLEY
\$485,000

± 51 Acre homesteader's dream overlooking beautiful Larabee Valley! Property features a well-built and cozy cabin with a wood stove, a loft bedroom and quality workmanship

and upgraded finishes throughout. Water is plentiful with a well, catchment tanks, and registered water rights from the seasonal creek that flows through the property. Also includes a metal shop building with attached bathroom/laundry room and another well- built unfinished home/storage building with wood stove that would make another nice cabin. Bonus cannabis permit can be included in sale!



33 & 39 KINGSTON
ROAD, FIELDBROOK
\$419,000

Two units on an oversized double lot offering a unique opportunity for versatile living arrangements or investment potential. The 3/1 main

residence features a functional floor plan, wood fire and forced air heat, and carpet and linoleum flooring. With a little bit of elbow grease, the additional approximate 800 sq ft 1/1 back unit provides flexibility for guests or rental potential. With ample space for hobbies or animals, this property invites a lifestyle of versatility and potential.



1820 MULBERRY ST.,
MCKINLEYVILLE
\$490,000

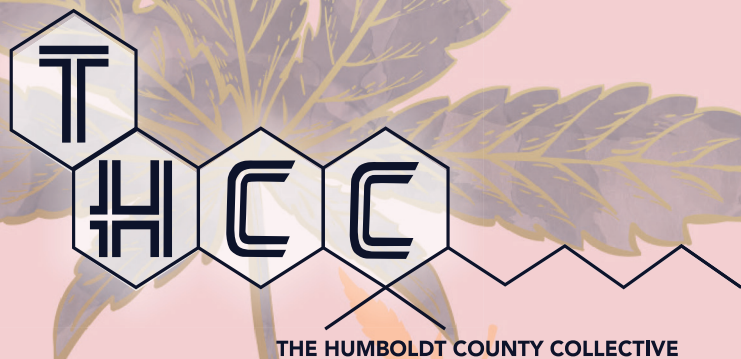
Beautiful 3 bed, 2 bath home located in the quiet neighborhood of Heartwood. Inside, the home offers spectacular

natural light with the six skylights throughout, 2 washer & dryer hookups, an extra long breakfast bar & an open kitchen living room and entryway. Backyard includes 4 blueberry plants, an apple/pear tree and an apple tree.

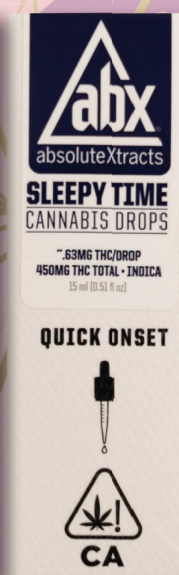
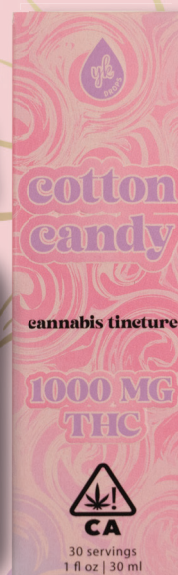
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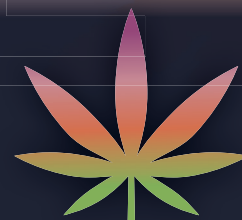
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